



## 2009 USAG Hawaii Clinic & Annual Meeting

Friday June 12<sup>th</sup>-Sunday June 14<sup>th</sup>, 2009

Clinician- Tom Koll

Location

Rainbow Gymnastics Academy

### **Friday June 12<sup>th</sup>, 2009**

5:00-8:00 pm New JO Code & JO Update Lecture

### **Saturday June 13<sup>th</sup>, 2009**

12:30-1:30 pm *Annual State Meeting*

2:00-4:00 Level 4-6 Lectures

(includes music changes for the 2009 season, gymnast participation)

4:00-6:00 Level 7-10 Lectures (gymnasts participation)

6:00-8:00 Coaches & Judges Lectures

8:00-10:00 pm *BBQ Provided by USAG Hawaii*

### **Sunday June 14<sup>th</sup>, 2009**

9:00-1:00 Coaches & Judges Lectures

### Cost

All weekend pass (entry into all lectures for judges and coaches) \$50.00

Athlete pass (for Saturday lectures only) \$25.00

Recreational coach pass (for Sunday lectures only) \$25.00

***Space is limited so reserve your spot today!!!!***

Reservation forms and payments are due by May 31<sup>st</sup>, 2009 and should be mailed to:

Rainbow Gymnastics Academy

Attn: Cora Fonseca

98-023 Hekaha St., #7

Aiea, Hawaii, 96701

Please make checks payable to USAG Hawaii



USA  
GYMNASTICS

## 2009 USAG Hawaii Clinic & Annual Meeting

Friday June 12<sup>th</sup>-Sunday June 14<sup>th</sup>, 2009

### Reservation Form

Due May 31<sup>st</sup>, 2009

\_\_\_\_\_  
Gym Name (if applicable)

\_\_\_\_\_  
Contact Person

\_\_\_\_\_  
Address

\_\_\_\_\_  
Phone number

\_\_\_\_\_  
Email

Type of Pass	Cost	Quantity	Total Due
All Weekend Pass	\$50.00		
Athlete Pass (level 4-6)	\$25.00		
Athlete Pass (Level 7-10)	\$25.00		
Recreational coach pass (Sunday only)	\$25.00		
		Total Due:	

*Please make checks payable to USAG Hawaii*

Send payment and reservation form to:

Rainbow Gymnastics Academy

Attn: Cora Fonseca

98-023 Hekaha St., #7

Aiea, Hawaii, 96701

# Schedule and Descriptions of Lectures

## Friday June 12<sup>th</sup>, 2009 5:00-8:00 pm (judges and coaches ONLY)

### 5:00-6:00 pm Coaching for the new JO code-2010, Lev. 7-8

This session is designed to deal with coaching for the new 2010-2013 JO Code of Points for levels 7-8. During this session, we will go over the new rules and make sure everyone understands them and how to make the best routines for their gymnasts. Judges are also welcome.

### 6:00-7:00 pm Coaching for the new JO code-2010, Lv. 9-10

This session is designed to deal with coaching for the new 2010-2013 JO Code of Points for levels 9-10. During this session, we will go over the new rules and make sure everyone understands them and how to make the best routines for their gymnasts. Judges are also welcome.

### 7:00-8:00 pm JO UPDATE--Q & A

This is a presentation that gives all the latest changes of the JO committee. It also gives the audience a chance to ask questions regarding the direction of the JO Program.

## Saturday June 13<sup>th</sup>, 2009: 2:00-8:00 pm

\* 2:00-4:00 pm lectures are for Level 4-6 gymnasts, coaches, & judges

\* 4:00-6:00 pm lectures are for Level 7-10 gymnast, coaches, & judges

\* 6:00-8:00 lectures are for coaches and judges ONLY

### 2:00-3:00 pm Are you on the right beat?

This session is designed to deal with teaching and coaching all levels of gymnasts. During this session, we will discuss different techniques of working with children and exploring the different "buttons" to push to get kids to want to work hard at their gymnastics.

### 3:00-4:00 pm Training Compulsory skills on floor

This session is geared toward coaches and judges. It deals with progressions and drills for teaching Levels 4-6 floor exercise.

### 4:00-5:00 pm Learning to Express yourself through dance

This session is geared toward coaches, gymnasts, and parents. It deals with the artistry and giving the participants tools of pulling out personality in a performance.

### 5:00-6:00 pm Beam tumbling progressions

This session is geared toward beam coaches. It deals with progressions for teaching tumbling skills on balance beam, as well as philosophies of teaching beam. It is designed provide information as well as stimulate discussion on ideas from the participants.

### 6:00-7:00 pm Common Compulsory Trouble Areas

This session is designed to deal with teaching, coaching, and judging for the dance areas of the compulsory beam and floor routines. During this session, we will discuss the common mistakes associated with the present compulsory beam and floor routines and how to deal with them both from a coaching and judging perspective.

### 7:00-8:00 pm Team Requirements...What are your standards?

This session is geared toward coaches. It deals with the requirements above and beyond what is set up by the USAG. It is designed to stimulate discussion on how to handle kids moving through your program.

**Sunday June 14<sup>th</sup>, 2009 9:00-1:00 pm (judges and coaches ONLY)**

**9:00-10:00 am Recreational Gymnastics**

This session is geared toward coaches, teachers, and gym owners. It deals with how to increase enrollment, ideas for a great program, lesson plans, progressions, award systems, games, and gimmicks.

**10:00-11:00 am Level 1-3...Drills for Great Skills**

This session is designed to deal with developing the skills in the Level 1-3 routines. During this session, we will discuss different drills that can be not only beneficial, but also fun for the kids. It is mainly designed for recreational teachers and team coaches; however, it would be beneficial to judges as well.

**11:00-12:00 pm Make a positive impression on kids**

This is geared toward coaches; however, judges are more than welcome. This session deals with coaching using a positive philosophy. Much discussion is encouraged in the different ways of handling all situations with our gymnasts including feedback for parents.

**12:00-1:00 pm Be a Role Model/Motivating Everyone**

This presentation is designed for gym owners, coaches, and all staff. It deals with many aspects of working at a gym. It mostly deals with how to motivate gymnasts, parents, and staff.