

Did you ever wish you could take your gymnasts to congress?
Would you like a few tips and tricks from the experts?
come to the 2010 Jump Start Clinic

2010 Jump Start Clinic

October 2nd – 3rd, 2010

for compulsory athletes and coaches



Did you miss congress this year?
There will be a session for coaches as well. We will go over the
“most common” mistakes in the compulsory routines.

Tom Koll

he literally “wrote the book”

Vasko Vetzev

2 time Olympic competitor
3 time Bulgarian National Champion
2 time World Championship competitor
coached elite level and national qualifiers

Sessions

Gymnast Session 1 Saturday 12 pm - 4 pm	Gymnast Session 3 Sunday 8 am -12 pm
Gymnast Session 2 Saturday 5 pm – 9 pm	Coaches Session Sunday 1 pm – 4 pm

\$60.00/gymnast \$40.00/coach



hosted by:



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This is a USA Sanctioned Event! All gymnasts and coaches must have a valid membership to participate.

Club Information

Club name & number:		Phone:	
Address:		Email:	
City:	State:	Zip:	

Gymnast Information

Gymnast Name	Age as of 10/2/2010	USAG #	Level competed 2009-2010	Level competed 2010-2011	Amount

Coach Information

Name of coach	USA #	Pro expiration	background expiration	safety cert. expiration	Amount

Number of Gymnasts: _____ x \$60 + Number of Coaches _____ x \$40 = Total _____

Please make checks payable to Sterling Gym



