



## **Strength, flexibility, Body awareness and Artistry clinic for gymnasts**

- Where:** Sunrise Gymnastics  
654 Granger Road Berlin. Barre VT 05641
- When:** Saturday, June 4, 2011 from 3:00 p.m. – 6:00 p.m.
- Lectors:** **Stanislav Mikulas, PhD**  
Graduated from Faculty of Physical Education and Sport Comenius University, Bratislava, Slovakia.  
Gymnastics coach with 38-years coaching experience
- Jana Welters**  
Originally from Czech Republic  
Czech National Level Rhythmic Gymnast for 8 years  
12 years of ballet, jazz and modern dance  
Team coach at Sunrise Gymnastics
- Who should attend?** Team and Pre-Team gymnast
- Cost:** **\$40 per individual gymnast**  
\$30 per gymnast if part of the group at least 5 from the same gymnastics club
- How to Register:** Mail **registration form, waiver and check** to:  
Sunrise Gymnastics  
654 Granger Rd Ste # 2  
Barre, VT 05641
- Deadline to Register:** 2011 May 27  
On site registration is available if approved by phone by June 3 for a fee of \$50
- What to bring:** Leotard, grips and everything you need for practice  
Snack, water bottle
- Questions:** 802-223-0517      stano@sunrisegym.com