

GYMNASTICS COACH & ATHLETE CLINIC

COME LEARN FROM THE NATION'S TOP COACHES!

NOVEMBER 16TH & 17TH 2013

SATURDAY 11/16

3:00 - 7:00

Part 1 - 3:00 - 5:00

- Front Tumbling with Adam Kissinger
- Optional Bars & Vault with Charlie Tamayo
- Trampoline for Vault & Bars with Logan Dooley
- Advanced Back Tumbling Skills with Jeffrey Brown

Part 2 - 5:00 - 7:00

- How To Hit When It Counts with Adam Kessinger
- Compulsory bars with Charlie Tamayo
- Back Tumbling Basics with Jeffrey Brown
- Trampoline Drills & Skills for Rec Coaches with Logan Dooley



**LIMITED SPACE
IS AVAILABLE
CONTACT US
TODAY AT
REGALGYMTEAM@GMAIL.COM
TO RESERVE
YOUR SPOT!**

SUNDAY 11/17

8:00 - 12:00

Part 1 - 8:00 - 10:00

- Compulsory Bars with Adam Kessinger
- Compulsory Vault with Charlie Tamayo
- Trampoline Drills with Logan Dooley
- Back Tumbling Beginning Level Saltos with Jeffery Brown

Part 2 - 10:00 - 12:00

- Compulsory Bars with Adam Kessinger
- Compulsory Vault with Charlie Tamayo
- Trampoline Drills with Logan Dooley
- Back Tumbling Beginning Level Saltos with Jeffery Brown

★ JEFFREY BROWN ★ ADAM KESSINGER ★ COLLEEN RYAN ★
★ CHARLIE TAMAYO ★ LOGAN DOOLEY ★

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