

REGION 1 ACROBATIC GYMNASTICS ACRO CLINIC

Friday, January 13th 2012

Start Time	End Time	Groups	Activity
5:00PM	7:00PM	Browne, Gong Rodriguez, Rodriguez, Rodriguez	Skills Testing Ivaylo, Nancy, Linda

Saturday, January 14th 2012

Start Time	End Time	Groups	Activity
8:30 AM	10:30AM	Browne, Gong	Skills Testing Ivaylo, Nancy, Linda
10:45AM	12:45PM	Allen, Atsatt	Skills Testing Ivaylo, Trisha, Marie
1:00PM	1:15PM	L8,9,10,Elite	Registration & Warmup Lanie Lead
1:15PM	1:30PM	L8,9,10,Elite	Top and Base Stretching - Linda Lead
1:30PM	2:15PM	L8,9,10,Elite	Session 1: Group 1: (Tumbling and individuals) Mike Group 2: (Balance skills and drills/conditioning) Linda Group 3: (Balance skills and drills/conditioning) Marie Group 4: (Dynamic skills and drills/conditioning) Kris Group 5: (Dynamic skills and drills/conditioning) Ivaylo Group 6: (Choreography and Movement) Tisa
2:15PM	3:00PM	L8,9,10,Elite	Session 2: Group 1: (Choreography and Movement) Tisa Group 2: (Tumbling and individuals) Mike Group 3: (Balance skills and drills/conditioning) Kris Group 4: (Balance skills and drills/conditioning) Ivaylo Group 5: (Dynamic skills and drills/conditioning) Marie Group 6: (Dynamic skills and drills/conditioning) Linda
3:00PM	3:10PM	L8,9,10,Elite	Break
3:10PM	3:55PM	L8,9,10,Elite	Session 3: Group 1: (Dynamic skills and drills/conditioning) Ivaylo Group 2: (Choreography and Movement) Tisa Group 3: (Tumbling and individuals) Mike Group 4: (Balance skills and drills/conditioning) Marie Group 5: (Balance skills and drills/conditioning) Linda Group 6: (Dynamic skills and drills/conditioning) Kris
3:55PM	4:40PM	L8,9,10,Elite	Session 4: Group 1: (Dynamic skills and drills/conditioning) Linda Group 2: (Dynamic skills and drills/conditioning) Ivaylo Group 3: (Choreography and Movement) Tisa Group 4: (Tumbling and individuals) Mike Group 5: (Balance skills and drills/conditioning) Kris Group 6: (Balance skills and drills/conditioning) Marie
4:40PM	5:40PM	L8,9,10,Elite	Dinner
5:40PM	6:00PM	L8,9,10,Elite	Warmup and stretching
6:00PM	6:45PM	L8,9,10,Elite	Session 5: Group 1: (Balance skills and drills/conditioning) Marie Group 2: (Dynamic skills and drills/conditioning) Kris Group 3: (Dynamic skills and drills/conditioning) Linda Group 4: (Choreography and Movement) Tisa Group 5: (Tumbling and individuals) Mike Group 6: (Balance skills and drills/conditioning) Ivaylo
6:45PM	7:30PM	L8,9,10,Elite	Session 6: Group 1: (Balance skills and drills/conditioning) Kris Group 2: (Balance skills and drills/conditioning) Marie Group 3: (Dynamic skills and drills/conditioning) Ivaylo Group 4: (Dynamic skills and drills/conditioning) Linda Group 5: (Choreography and Movement) Tisa Group 6: (Tumbling and individuals) Mike
7:30PM	7:50PM	L8,9,10,Elite	Artistry lecture with Video - Tisa / Marie / Linda
7:50PM	8:00PM	Coaches and Athletes	Question and Answer w/Clinicians

REGION 1 ACROBATIC GYMNASTICS ACRO CLINIC

Sunday, January 15th 2012

10:00AM	10:15AM	Level 4,5,6,7	Registration & Warmup Marie Lead
10:15AM	10:30AM	Level 4,5,6,7	Top and Base Stretching - Ivaylo Lead
10:30AM	11:15AM	Level 4,5,6,7	Session 1: Group 1: (Tumbling and individuals) Mike Group 2: (Partner stretching/conditioning) Lanie Group 3: (Balance skills and drills/conditioning) Linda Group 4: (Dynamic skills and drills/conditioning) Kris Group 5: (Dynamic skills and drills/conditioning) Marie Group 6: (Choreography and Movement) Tisa Ivaylo work as floater with Groups 3-5
11:15AM	12:00PM	Level 4,5,6,7	Session 2: Group 1: (Choreography and Movement) Tisa Group 2: (Tumbling and individuals) Mike Group 3: (Partner stretching/conditioning) Lanie Group 4: (Balance skills and drills/conditioning) Marie Group 5: (Dynamic skills and drills/conditioning) Linda Group 6: (Dynamic skills and drills/conditioning) Kris Ivaylo work as floater with Groups 4-6
12:00PM	12:10PM	Level 4,5,6,7	Break
12:10PM	12:55PM	Level 4,5,6,7	Session 3: Group 1: (Dynamic skills and drills/conditioning) Marie Group 2: (Choreography and Movement) Tisa Group 3: (Tumbling and individuals) Mike Group 4: (Partner stretching/conditioning) Lanie Group 5: (Balance skills and drills/conditioning) Kris Group 6: (Dynamic skills and drills/conditioning) Linda Ivaylo work as floater with Groups 1, 5 & 6
12:55PM	1:55PM	Level 4,5,6,7	Lunch Break
1:55PM	2:15PM	Level 4,5,6,7	Warmup and stretching Linda Lead
2:15PM	3:00PM	Level 4,5,6,7	Session 4: Group 1: (Dynamic skills and drills/conditioning) Kris Group 2: (Dynamic skills and drills/conditioning) Linda Group 3: (Choreography and Movement) Tisa Group 4: (Tumbling and individuals) Mike Group 5: (Partner stretching/conditioning) Lanie Group 6: (Balance skills and drills/conditioning) Marie
3:00PM	3:45PM	Level 4,5,6,7	Session 5: Group 1: (Balance skills and drills/conditioning) Linda Group 2: (Dynamic skills and drills/conditioning) Kris Group 3: (Dynamic skills and drills/conditioning) Marie Group 4: (Choreography and Movement) Tisa Group 5: (Tumbling and individuals) Mike Group 6: (Partner stretching/conditioning) Lanie
3:45PM	3:55PM	Level 4,5,6,7	Break
3:55PM	4:40PM	Level 4,5,6,7	Session 6: Group 1: (Partner stretching/conditioning) Lanie Group 2: (Balance skills and drills/conditioning) Marie Group 3: (Dynamic skills and drills/conditioning) Kris Group 4: (Dynamic skills and drills/conditioning) Linda Group 5: (Choreography and Movement) Tisa Group 6: (Tumbling and individuals) Mike Machado
4:40PM	4:50PM	Level 4,5,6,7	Closing Activity - Lanie
4:50PM	5:10PM	Coaches and Athletes	Question and Answer