

# USA *Gymnastics* Region IV Men

Chairman : Daniel Coon Iowa - Minnesota - Nebraska - North / South Dakota - Wisconsin - Jr. Nat. Coach  
Brad Virkler James Letzring Dave Contreras Terry Davis / Tim Trimble Jerry Fix Chuck Chmelka

## REGION IV FUTURE STARS COMPETITION & CLINIC

**DATE:** October 23, 24 & 25, 2009

**SITE:** North Shore Gymnastics, 5555 Pioneer Creek Dr., Maple Plain, MN 55359  
**Host Hotel:** Marriott Mpls. West  
9960 Wayzata Blvd.  
Minneapolis, MN 55426  
Phone: 952-544-4400  
\$69.00 Standard, \$89.00 Room Suite

**Blocked:** Blocked as, "Region 4 Gymnastics".

**Google Maps\*:** North Shore Gymnastics, 5555 Pioneer Creek Dr., Maple Plain, MN 55359  
Marriott Mpls. West, 9960 Wayzata Blvd. Minneapolis, MN 55426  
See directions at end of packet.

**FORMAT:** FUTURE STARS: 1 hour warm up & stretch prior to evaluations. Olympic order-warm up and compete.

CLINIC; sessions by Level on Saturday, 2 coaches per 7-8 events, designated Region IV coaches assisting, (\$25.00 / session). Controlled open workout on Sunday in 3 sessions, same as Future Stars OTC Camp.

**COSTS:** Future Stars participants: \$35.00 & \$35.00, for clinic, or \$70.00, for both.  
Levels 4 through 10: \$55.00.

## REGION IV FUTURE STARS & CLINIC SCHEDULE

**Location:** North Shore Gymnastics, Maple Plain, MN.

**Master Clinicians:** Francis Allen, NE; Andrew Pileggi & Charlie Tamayo\*, CA.  
\*Youtube Charlie Tamayo to see over 100 videos of his gymnastics.  
**Clinic coaches:** Region IV Coaches on volunteer basis, (\$25.00 / session).

**Contact:** Regional Director, Dan Coon, (319-351-4416).  
Site coordinator, Dale Bullivant.

Future Stars Regional Competition/Testing (Warm-up and compete, as per Colorado Springs, Olympic order, although start may not be on FE.).  
As many as 5 judges / evaluators are planned for the testing.

**Friday** 5:30PM Arrive at gym.  
**10/23** 6:00 Gym open for stretch and warm-up.  
7:00 Testing begins.  
9:00-9:30 Finish testing.  
○ Announce results,  
○ award certificates,  
○ T's,  
○ Photos,  
○ National Championships registration for qualifiers.

**Straps are available.**

## Regional Clinic Format & Schedule

There are 2 sessions, as listed below.

At each session there will be two coaches per event. There will be 7-8 stations; 6 events + trampoline & strength or flexibility. Coaches who wish to join in and assist with that an event are welcome. The Master Clinicians will have final say to determine the format and emphasis on criteria.

**Saturday:**

**10/24am**            **Open. No Safety Certification course is planned.**

**10/24pm**            **Regional Clinic Format; for Gymnasts & Coaches.**

**12:30 – 1:00, Registration**

**1:00PM to 6:45PM**

**Clinic**

**ATHLETES**

**1PM – Charlie Tomayo warms up the boys.**

**35-40 minute rotations, 5” switch**

**1:15 – 2:00 1<sup>st</sup> rotation**

**2:05 – 2:50, 2<sup>nd</sup> rotation**

**2:55 – 3:40, 3<sup>rd</sup> rotation**

**3:45 – 4:30, 4<sup>th</sup> rotation**

**4:35 – 5:20, 5<sup>th</sup> rotation**

**5:25 – 6:10, 6<sup>th</sup> rotation**

**6:15 – 7:00, 7<sup>th</sup> rotation**

**Region Meeting TBA**

**COACHES**

**Clinicians may join coaches or the boys for remainder of afternoon.**

**Saturday  
Evening**

**ATHLETES**

**Open**

**COACHES &/or REGIONAL  
MEETING**

**-Group discussions. -Agenda.**

**Sunday  
10/25**

**ATHLETES**

**9am – General warm up with Charlie.**

**9:15 – 10:45, Future Stars Camp format.**

**Controlled open workout, with the kids doing what their coaches want them to do. The coaches helping each other.**

**Group A, 1.5 hours to do FX, PH & SR.**

**Group B, 1.5 hours to do V, PB & HB.**

**10:45 – 12:15PM, Groups switch.**

**Clinicians to float with the boys.**

**12:15 – 12:30, Clinic wrap up.**

**COACHES**

**Coaches assisting.**

**COACHES; Please check & update your e-mail address with your State & Regional Chairman & send to;  
[daniel-coon@uiowa.edu](mailto:daniel-coon@uiowa.edu)**

## Region IV Men

Chairman : Daniel Coon   Iowa - Minnesota - Nebraska - North / South Dakota - Wisconsin - Jr. Nat. Coach  
Brad Virkler   James Letzring   Dave Contreras   Terry Davis / Tim Trimble   Jerry Fix   Chuck Chmelka

---

### **\*\*REGION 4 CLINIC REGISTRATION FORM\*\***

ATHLETE, \_\_\_\_\_, 2K9-2K10 USAG# \_\_\_\_\_.

ADDRESS, \_\_\_\_\_ PHONE, \_\_\_\_\_ - \_\_\_\_\_.

\_\_\_\_\_ Birthdate, \_\_\_\_\_ Age, \_\_\_\_\_.

CLUB, \_\_\_\_\_ LEVEL, \_\_\_\_\_.

COACH, \_\_\_\_\_

Return by, October 16th, 2009

Include fee - \$55.00 for All Levels. Payable to "USAG Region 4 Men".

Mail to: Dan Coon  
Room E216-D Field House  
The University of Iowa  
Iowa City, IA 52242

**Registration accepted at the door, \$60.00. USAG athlete numbers must be for 2009-2010.**

### **Directions**

- From host hotel to North Shore Gymnastics,  
Go west on I394.  
I394 turns into US12.  
Continue west on US12 (get to far left lane),  
Stay in left hand lane at Wayzata (Long Lake bypass),  
Continue west on US12 (do not follow detour).  
In Maple Plain take right on Halgren, ave.  
Go to bottom of hill and turn right at Pioneer Creek Drive.  
North Shore is building on right.
- Entrance in on the East end.

**Future Stars registration form follows on next page.**

## Region IV Men

Chairman : Daniel Coon Iowa - Minnesota - Nebraska - North / South Dakota - Wisconsin - Jr. Nat. Coach  
Brad Virkler James Letzring Dave Contreras Terry Davis / Tim Trimble Jerry Fix Chuck Chmelka

### \*\*REGION IV FUTURE STARS REGISTRATION FORM\*\*

ATHLETE, \_\_\_\_\_, USAG#, \_\_\_\_\_ Birthdate, \_\_\_\_\_.

ADDRESS, \_\_\_\_\_, PHONE, \_\_\_\_\_ - \_\_\_\_\_.

CITY, \_\_\_\_\_, STATE, \_\_\_\_\_, ZIP \_\_\_\_\_.

Shirt size, \_\_\_\_\_ !!!!!!!! Coaches e-mail, \_\_\_\_\_.

CLUB, \_\_\_\_\_, LEVEL, \_\_\_\_\_.

COACH, \_\_\_\_\_ . Sweat **Shirt size**, \_\_\_\_\_ !!!!!!!!

#### **Indicate which age group athlete is entered,**

**8-9 y/o group**, \_\_\_\_\_. **10 y/o** \_\_\_\_\_. **11 y/o**, \_\_\_\_\_. **12 y/o**, \_\_\_\_\_.

#### **Return by, October 16<sup>th</sup>, 2009.**

Include fee - \$35.00 payable to, "USAG Region 4 Men". **If you attend the clinic and do Future Stars, the combined fee is, \$70.00.** Please separate Stars fees from the clinic fee. You may make one lump sum "Stars" payment if you have more than one gymnast being evaluated.

Mail to: Dan Coon, USAG Region IV Chairman or Dan Coon, USAG Region IV Chairman  
Room E216 Field House 88 Olive Court  
The University of Iowa Iowa City, IA 52246  
Iowa City, IA 52242

#### **Directions**

- From host hotel to North Shore Gymnastics,  
Go west on I394.  
I394 turns into US12.  
Continue west on US12 (get to far left lane),  
Stay in left hand lane at Wayzata (Long Lake bypass),  
Continue west on US12 (do not follow detour).  
In Maple Plain take right on Halgren, ave.  
Go to bottom of hill and turn right at Pioneer Creek Drive.  
North Shore is building on right.
- Entrance in on the East end.

