

USA Gymnastics Region IV Men

Iowa - Minnesota - Nebraska - North / South Dakota - Wisconsin - Jr. Nat.

Chairman : Daniel Coon

Coaches: Eric Phillips James Letzring Dave Contreras Terry Davis / Tim Trimble
Jerry Fix Chuck Chmelka

REGION IV FUTURE STARS COMPETITION & CLINIC

DATE: November 18, 19 & 20, 2011

SITE: M & M Gymnastics Center, 16760 W. Victor Rd., New Berlin, WI 53214

Host Hotel: Sheraton Brookfield Hotel
375 South Moorland Rd.
Brookfield, WI 53005
Phone, Front Desk: 262-364-1100
\$79.00 / night

Blocked: **Blocked as, "M & M Future Stars Room Block".**
<http://www.starwoodhotels.com/sheraton/property/overview/index.html?propertyID=347>

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: M & M Gymnastics, 16760 W. Victor Rd., New Berlin, WI 53214

Master Clinicians:

Clinic coaches: Region IV Coaches on volunteer basis, (\$25.00 / session).

Contact: Regional Director, Dan Coon, (319-351-4416).
Site coordinator, Chuck Chmelka & Will Van Dale.

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 11/18	5:30PM	Arrive at gym.
	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:

11/19AM Open. No Safety Certification course is planned.

11/19PM Regional Clinic Format; for Gymnasts & Coaches.

11:30 – 12:00, Registration

12:00PM to 5:45PM

Clinic

ATHLETES

1PM – Warm up.

35-40 minute rotations, 5" switch

12:15 – 1:00 1st rotation

1:05 – 1:50, 2nd rotation

1:55 – 2:40, 3rd rotation

2:45 – 3:30, 4th rotation

3:35 – 4:20, 5th rotation

4:25 – 5:10, 6th rotation

5:15 – 6:00, 7th rotation

COACHES

Clinicians may join coaches or the boys fo

Region Meeting TBA

Saturday ATHLETES

REGIONAL Evening

Open

COACHES &/or

-Group discussions. -

MEETING

Agenda.

Sunday

11/20

ATHLETES

COACHES

9am – General warm up.

-Coaches assisting.

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; Please check & update your e-mail address with your State & Regional Chairman & send to; daniel-coon@uiowa.edu

USA Gymnastics Region IV Men

Iowa - Minnesota - Nebraska - North / South Dakota - Wisconsin - Jr. Nat.

Chairman : Daniel Coon

Coaches: Eric Phillips James Letzring Dave Contreras Terry Davis / Tim Trimble
Jerry Fix Chuck Chmelka

****REGION 4 CLINIC REGISTRATION FORM****

ATHLETE, _____,

2K11-2K12 USAG# _____.

ADDRESS, _____

PHONE, _____ - _____.

Birthdate, _____ Age, _____.

CLUB, _____ LEVEL, _____.

COACH, _____

Return by, November 11th, 2011

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

Mail to:

Dan Coon
Hawkeye Gymnastics
88 Olive Ct. #10
Iowa City, IA 52246

Registration accepted at the door, \$60.00.

USAG athlete numbers must be for 2011-2012.

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

USA Gymnastics Region IV Men

Iowa - Minnesota - Nebraska - North / South Dakota - Wisconsin - Jr. Nat.

Chairman : Daniel Coon

Coaches: Eric Phillips 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 y/o group, _____ . **9 y/o group,** _____ . **10 y/o**
o _____ . **11 y/o,** _____ . **12 y/o,** _____ . **13 y/o**
_____ .

Return by, November 11th, 2011.

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
Hawkeye Gymnastics
88 Olive Court #10
Iowa City, IA 52246

