

2016 Washington State Clinic

Date: June 4rd-5th, 2016.

Location: Metropolitan (6822 S 190th St, Kent, WA 98032)

Check written to:

[USA Gym WA State.](#)

Coach/Judge Cost: \$75.00 per person (Paid before May 30th)

\$85.00 per person (Day of)

Mailed to:

Jeff Crockett

17424 NE 88th Pl.

Redmond, WA 98052

Washington Development Team Athlete Cost: \$FREE*

Open Training Session Gymnast Cost: \$50.00 per athlete.

Deadline for athlete registration: May 28th (then Oregon athletes may register)

*Development Team Athletes do not need to pay for the team workout, but will need to pay if they want to attend the open training session.

**Coaches and Athletes - Please fill out the online form. The link can be found on the Clinics page of the State Website:

<http://usagymwa.com/clinics> WA Development Team does not need to register online. All athletes and Coaches participating must be active USA Gym athletes or professional members.

Agenda:

Saturday June 4th

8:00am-11:30pm: Workout (**LEVEL 5 DEVELOPMENT TEAM ONLY**). In this workout session there will be two or three topics/events chosen and the lead clinician to direct the conversation at each event or skill/s that is being discussed.

11:30am-12:00pm: Lunch. (Catered for coaches/judges)

12:00pm-3:30pm: Workout (**LEVEL 6 DEVELOPMENT TEAM ONLY**). Same as above.

4:00pm-7:30pm: **OPEN TRAINING SESSION FOR ANY LEVEL 5-6 Gymnast (First 100 to register)**

7:30pm-10:00pm: Presentations, State Business, and Open Discussion.

Sunday June 5th

10:00am-1:30pm: **OPEN TRAINING SESSION FOR ANY LEVEL 4 GYMNAST (First 75 to register)**

1:30pm-2:30pm: Presentation and conclusion.

Open Training Session Info

- The open training session is a great opportunity for your athletes to get to work with the best coaches in the state and Mr. Guonian Wu himself.
 - The boys will be split up into groups based on age.
 - They will rotate through the events and work with different coaches in each rotation.
 - They will be able to get to know other gymnasts from other teams.
 - They will get to work skills that are needed to move up to the next level on all the events.
 - There will be a presentation and Q&A for parents available for parents during the training sessions.
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Washington Junior Olympic Development Team Selection Procedure

Each year there will be a specific number of gymnasts to be selected from level 5 and 6 to be on the Washington J.O. Development Team. The purpose of this is to give young gymnasts who show the ability to go far in this sport an opportunity to be a part of something more, to motivate them and their coaches, and to create a more cohesive environment within the State of Washington.

The following gymnast will be selected from placements at the 2016 State Meet and will be invited to participate in the State Clinic training sessions with the coaches:

Level 5 age 7-8 top 3 places in the All Around

Level 5 age 9-10 top 3 places in the All Around

Level 6 age 7-8 top 3 places in the All Around

Level 6 age 9-10 top 5 places in the All Around

GUONIAN WU- GUEST CLINICIAN



Wu Guonian, a former Chinese Men's Gymnastics national team member, has over 40 years of experience in gymnastics. In 1972, at the age of 12, Guonian Wu was recruited to Guizhou Province Gymnastics team where his professional gymnastics career began. From that moment Guonian found his passion in life. Through hard work, determination and dedication, Wu Guonian was hand selected to become a member of the Chinese National Gymnastics team in 1979. Wu Guonian trained, competed and represented the Chinese National Gymnastics Team until 1983.

Throughout his competitive career, Wu Guonian has won numerous titles on Floor, Pommel Horse, and Vault at both National Gymnastics Championships and International Competitions. However, Wu Guonian's most recognized achievements in the sport of gymnastics would have to be the invention of his two skills.

There are two skills created by and named after Guonian Wu that are included in the Code of Points by the International Gymnastics Federation. One of them is a D value Floor Exercise skill and the other more recognized move is an E Value pommel horse skill.

After a successful gymnastics career as an athlete, Wu Guonian completed his education at the Beijing Sport University with a Bachelor's of Science degree in Gymnastics. He then began his coaching career in 1988 at the Beijing Gymnastics Programs as a boys' team coach. During his time as a coach in China, Guonian also began judging gymnastics.

Wu Guonian received many honors and awards as a coach and judge, including; being named in "The Ten Best Judges of Beijing" in 1998, being certified as a Senior Coach by the Beijing Municipal government, awarded with the title, "Master of Sports" and had publications of numerous written articles on the subject of Gymnastics in multiple Magazines. Coach Wu also led the Beijing team (one of the top teams to represent China) to win the team title 4 times at the China National Gymnastics Championships.

In 1998, Guonian moved to the United States and began a new chapter of coaching gymnastics in America. He has over 17 years of extensive professional coaching experience in the Junior Olympics (J.O.) Program which includes 9 years of National team level coaching experience. Since being in the United States, coach Wu has developed 16 Junior National Champions and 7 U.S. Champions. In 2004, he led the U.S. Junior National Team as head coach at the Pan American Games in El Salvador in 2004. The U.S. Junior National Team won the team title. He has coached six athletes which made the U.S. Men's Junior National Team & Junior National Development team. Guonian has also been a certified FIG judge for over 22 years.

In 2016, Wu Guonian will be hosting his first annual Wu Guonian Classic Competition in the first weekend of February (6th-7th). This competition will be hosted to inspire young gymnastics athletes from all over the world. The meet will celebrate ambition, drive, hard work, dedication for all gymnastics athletes and future stars. It will serve as a reminder to young gymnasts to remain passionate and committed and success will follow; much like the gymnastics career of Guonian Wu.