**2017 Washington State Clinic**

**Guest Clinician**

**Sergei Pakanich (WOGA)**



**Date:** June 3rd-4th, 2017.

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

**Coach/Judge Cost:** $90 per person

**Washington Development Team Athlete Cost:** $FREE\*

**Open Training Session Gymnast Cost:** $60.00 per athlete.

Deadline for athlete registration: May 20th (then athletes from other states may register)

**Check written to:**

**USA Gym WA State**.

**Mailed to:**

**Metropolitan Gymnastics**

**Attn: Jeff Crockett**

**6822 S 190th St.**

**Kent, WA 98032**

\*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> All athletes and Coaches participating must be active USA Gym athletes or professional members.

**Agenda:**

**Saturday June 3rd**

8:00am-12:00pm: 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.

12:00pm-1:00pm: Lunch. (Catered for coaches/judges)

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

5:00pm-8:00pm: Presentations, State Business, and Open Discussion.

**Sunday June 4th**

9:00am-1:00pm: Workout (**LEVEL 6 DEVELOPMENT TEAM ONLY**)

1:00pm-1:30pm: Lunch. (Catered for coaches/judges)

1:30pm-5:00pm: **OPEN TRAINING SESSION FOR ANY LEVEL 5-6 Gymnast (First 100 to register)**

5:00pm-6:00pm: 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. Sergei Pakanich 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.

***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 6 places in the All Around*

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

*Level 6 age 8-9 & 10-11 combined top 6 All Around scores*