

REGION 1 ACROBATIC GYMNASTICS SUPER CLINIC

Saturday, January 31, 2009: Levels 5-7

Start Time	End Time	Groups	Activity
1:00 PM	1:30 PM	L8,9,10,Elite	Registration & Warmup
1:30PM	2:45PM	L8,9,10,Elite	Session 1: Group 1: Ivaylo Katsov Group 2: Nichole Tilton Group 3: Linda Meier Group 4: Marie Annonson
2:45 PM	3:00PM	L8,9,10,Elite	Break
3:00PM	4:15PM	L8,9,10,Elite	Session 2: Group 1: Nichole Tilton Group 2: Linda Meier Group 3: Marie Annonson Group 4: Ivaylo Katsov
4:15 PM	4:30 PM	L8,9,10,Elite	Break
4:30PM	5:30PM	L8,9,10,Elite	Session 3: Flexibility Conditioning and various handstand positions: all clinicians
5:30PM	6:30PM	L8,9,10,Elite	Dinner (athletes are to bring their own meal)
6:30PM	7:00PM	L8,9,10,Elite	Warm-up
7:00PM	8:00PM	L8,9,10,Elite	Session 4: Group 1: Linda Meier Group 2: Marie Annonson Group 3: Ivaylo Katsov Group 4: Nichole Tilton

Sunday, February 1, 2009: Levels 8-Elite

10:00AM	10:30AM	Level 5,6,7	Registration and Warmup
10:30AM	11:45AM	Level 5,6,7	Session 1: Group 1: Ivaylo Katsov Group 2: Nichole Tilton Group 3: Linda Meier Group 4: Marie Annonson
11:45AM	12:45PM	Level 5,6,7	Lunch (athletes are to bring their own meal)
12:45PM	1:00PM	Level 5,6,7	Warmup
1:00 PM	2:15PM	Level 5,6,7	Session 2: Group 1: Nichole Tilton Group 2: Linda Meier Group 3: Marie Annonson Group 4: Ivaylo Katsov
2:15PM	2:30PM	Level 5,6,7	Break
2:30PM	3:45PM	Level 5,6,7	Session 3: Group 1: Linda Meier Group 2: Marie Annonson Group 3: Ivaylo Katsov Group 4: Nichole Tilton
3:45PM	4:00PM	Level 5,6,7	Break
4:00PM	5:00PM	Level 5,6,7	Session 4: Flexibility Conditioning and various handstand positions: all clinicians