



## 2012 Future Stars Championships and Coaches Workshop

### Master Schedule

Day/Time	Coaches		Parents		Athletes	
Thur. 11/8	I	II	I	II	I	II
	<b>Ray B Essick</b>					
<b>4:00 pm</b>	Nutrition and Hydration for Daily Recovery - Gibson		<b>Open Training for Athletes From 1:00 pm to 8:00pm Coaches Technical Meeting 8:00 pm in Gym</b>			
<b>5:00 pm</b>	Shoulder and Lower Back Preventative Care – Kris Robinson					
<b>6:00 PM</b>	Jams, ½ and 1/1 Tak Development - Mizoguchi					

Fri. 11/9	Ray B Essick					
<b>8:30 am</b>	Strength Program Development – Marinitch		<b>Future Stars Competition</b>			
<b>1:00 pm</b>	Circle and Flair Mastery – Dave Juszczyk					
<b>5:30</b>	Age Group Program Update – Dusty Ritter					

Sat. 11/10	Gym 2,3,4	Dirks Room	Gym 1,2,3 & 4	Ray B. Essick	Gym 2,3,4	Gym 1
<b>9:00 am</b>	Workout/clinic w/athlete	FIG Code and Jr. Optional Rules – Muenz	Observe workout	Program Overview	Workout/clinic w/coach	Training Activities
<b>10:00 am</b>		Nat Team Program Update Dev – Mazeika		Sports Medicine		
<b>11:00 am</b>		Membership, Coaches Certification & Risk Management – McIntyre		Managing Expectations		
<b>12:00 pm</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
	<b>Dirks Room</b>	<b>Gym 2,3,4</b>	<b>Ray B. Essick</b>	<b>Gym 1,2,3 &amp; 4</b>	<b>Gym 1</b>	<b>Gym 2,3,4</b>
<b>2:00 pm</b>	FIG Code and Jr. Optional Rules – Muenz	Workout/clinic w/athlete	Managing Expectations	Observe workout	Training Activities	Workout/clinic w/coach
<b>3:00 pm</b>	Nat Team Program Update Dev – Mazeika		Sports Medicine			
<b>4:00 pm</b>	Membership, Coaches Certification & Risk Management – McIntyre		Program Overview			
<b>5:00 pm</b>	<b>DINNER</b>		<b>CLINIC CONCLUDES FOR ATHLETES AND PARENTS</b>			
	<b>Gym 4</b>					
<b>6:30 pm</b>	PH: Flops and Single Pommel Skills – Mizoguchi					
<b>7:15 pm</b>	FX: Basics to Higher Level Skills – Stepanchenko					
<b>8:00 pm</b>	Trampoline: Evaluating & Development - Umenhofer					

See Workshop Group List for Workout/Lecture Grouping & Activities.

Workshop only participants may attend any group session.

Sun. 11/11	Dirks Room
<b>8:00 am</b>	HB: Developmental Do's & Don'ts – Crumley
<b>8:45 am</b>	V: Yamashita and HS Pike Front – Meadows
<b>9:30 am</b>	PB: Peach Development – Mazeika
<b>10:15 am</b>	R: Basic Swing and Giants – Meadows
<b>11:00 am</b>	<b>Departure</b>