

GYM EAST & NAWGJWA PRESENT
2010 Candy Corn Classic Optional Clinic
“Preparing for 2011 Regionals, Westerns & Nationals”
Featuring National Clinicians
Tammy Biggs, Todd Gardiner and Neil Resnick
October 8th, 9th & 10th
At Gymnastics East and Leading Edge

Level 8-10 Clinics:

(Note: We will take Level 7's if there is room; include them with your registration. I will let you know our availability. All 7's must have a giant and a back handspring on beam.)

Clinicians:

At Gym East on Fri & Sat: Neil Resnick BSU, John Carney OSU, David McCearry UofWA plus other local coaches

At LEGA on Fri & Sat: Tammy Biggs, Todd Gardiner IGI, Patti Resnick BSU plus other local coaches

Goal: For Washington Optional Gymnasts to have a 10SV on each event. Clinic emphasis a higher degree of difficulty on vault, bars and tumbling. This is strictly aimed at higher skills! Gymnast's will be working technique and refining skills and connections for the season.

Cost: Level 8, 9 & 10 (3 day clinic) \$145 Payable to Gym East.
Entry fees are due Sept. 15th.

FOR THE LEVEL 9/10 CLINIC YOUR ATHLETE MUST HAVE A BLIND CHANGE ON BARS AND A SALTO VAULT. IF THEY DO NOT THEY WILL NEED TO BE IN THE LEVEL 8 GROUP. SPACE IS LIMITED TO 65 ATHLETES IN EACH CLINIC.

Location: Gymnastics East Bellevue 13425 SE 30th ST #2A Bellevue WA 98005
Leading Edge Everett 711 – 100th ST SE Everett WA 98208

Contact: Kim Thomson 425-644-8117 or email kim@gymeast.com

Friday October 8th

Level 8 (possibly level 7) 1:30pm-7pm at Gymnastics East

Level 9 & 10 1:30pm-7pm at Leading Edge

Saturday October 9th

Level 8 (possibly level 7) 9am-2:30pm at Leading Edge

Level 9 & 10 9am-2:30pm at Gymnastics East

Sunday October 10th All clinicians and gymnasts

Level 8, 9 & 10 9am-2:30pm at Leading Edge