



WHEN

Friday, August 17 - Sunday, August 19

WHERE

Go For The Gold Gymnastics

145 Algonquin Parkway, Whippany NJ 07891

WHO

COACH TIM RAJKUMAR — GO FOR THE GOLD GYMNASTICS - Clinic Organizer - Over 20 State & Regional Team Championships in 5 years

COACH DESIREE GUEVARA — ACTION GYMNASTICS - USAIGC Head Coach 2017 GOLD Team Champions - Temple U. Gymnast Alumni

COACH JOHN A. POLOSKI — PREMIER GYMNASTICS - Multiple State, Regional, & National Champions at Silver & Gold Levels

SPECIAL GUESTS INCLUDE: Alicia Mazepa - Professional Dancer / Choreographer / Actress: Currently on Lip Sync Battle

WHO SHOULD ATTEND?

Any USAIGC gymnasts that have already competed Bronze Diamond, Silver, or Gold, and want to take it to the next level! All gymnasts attending should "beyond the basics" and have attained a minimum AA score of 35.00 at States or Regionals. If your gymnast is not ready for this advanced clinic, please consider Westy's Gymnastics for their fantastic clinic. Visit: www.westygym.us for info

WHAT WILL WE DO? Learn the skills and drills necessary to be a successful future Gold or Platinum gymnast, practice with great coaches, make friends with other gymnasts, and have a **BLAST!**

Drills for (but not limited to):

* VT: Tsuks & Yurchenkos * UB: Giants, Clear Hips, Pirouettes, Paks, Bails, Stalders

* BB: Handsprings, Round-offs, Connections, Back Tucks

* FX: Layouts, 1/1 Twist & More, Front Layouts, Double Backs

DATE & TIME

Friday 8/17	Saturday 8/18	Sunday 8/19
2:00pm - 6:30pm	9:30am - 2:00pm	10:00am-3:00pm
Bronze Diamond	Bronze Diamond	Silver (advanced/older)
Silver (new/younger)	Silver (new/younger)	Gold & Platinum
	3:00pm - 7:00pm	
	Silver (advanced/older)	
	Gold & Platinum	

**9 HOURS
TRAINING!**

COST \$175 per gymnast

**REGISTRATION FORMS & ALL INFORMATION IS AVAILABLE ON THE WEBSITE
WWW.GOFORTHEGOLDGYM.COM**

GREAT FOR COACHES TOO!!!

USAIGC coaches are welcome!

Come work with Coach Tim Rajkumar (Head coach-Go for the Gold & USAIGC Clinician)

Learn skills and drills for Silver level and above, AND get some "hands on" spotting training and practice!

Cost: \$60 or Free if you have 3 or more gymnasts registered!

Email me if interested. Coachtim222@gmail.com

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