

★ **8th Annual** ★
**INTERMEDIATE, SUB-ADVANCED, ADVANCED & ELITE LEVEL
TUMBLE, TRAMPOLINE & DOUBLE-MINI CLINIC**

.....

October 6th & 7th, 2018

Flight Club Power Tumbling & Trampoline

11936 Oak Creek Parkway

(847)515-1935

Email: flightclubtnt@yahoo.com



Enhance your current skills and stretch your abilities to the next level.

Intermediate, Sub-Advanced, Advanced & Elite Competitors Only

(All athletes must be training intermediate - elite levels on the events they wish to practice in this clinic.)

Saturday 3:00pm-8:00pm Sunday 9:00am-3:30pm

Saturday Only: \$80 / Sunday Only: \$80 / Both days: \$150

Please make checks payable to: Flight Club

Athletes and coaches are responsible for their own overnight accommodations and lunch on Sunday. Athletes are welcome to leave for lunch or bring a lunch and eat at the gym.

See attached pages for the schedule and registration form.

All registrations must be mailed in with payment to:

Flight Club Power Tumbling & Trampoline

11936 Oak Creek Parkway

Huntley, IL 60142

Registration Deadline: Monday, October 1st

Please register early to reserve your spot!

Maximum of 50 athletes per day.

Clinicians:

Stacy Jauch - Fox Valley Power Tumblers (Saturday & Sunday Clinician)

- ◆ 23 years of coaching experience
- ◆ 2007 & 2012 USTA Coach of the Year
- ◆ Coach of a 2x World Champion on DM

Trey Katz - Kris' Power Tumbling & Trampoline (Saturday & Sunday Clinician)

- ◆ 2016 USTA Presidential Coach of the Year Award
- ◆ Competitor at multiple World Championships
- ◆ USA National Team Member

Darnell Robinson - Elite Sports Complex (Saturday Clinician)

- ◆ Coach at Elite Sports Complex 2009-2018
- ◆ Current sports rehabilitation clinician for the AAU
- ◆ 2 time USAG Jr. Elite National Team Member & 5 years as a member of USAG Jr. Elite & Elite National Team of the Year

Stacey Wall - Flight Club Power Tumbling & Trampoline (Saturday & Sunday Clinician)

- ◆ USTA Competitor 1990-2003, 2003 Kevin Ballenger Memorial Scholarship recipient
 - ◆ 19 years of tumbling & trampoline coaching experience,
- ◆ NTJC certified for past 6 years, current member of the USTA Technical & Ethics Committees

Bryan Yoder - Prairie Land Tumbling & Trampoline (Saturday & Sunday Clinician)

- ◆ Owner & coach at Prairie Land Tumbling & Trampoline
- ◆ 18 years of coaching upper level athletes & has had athletes on the USTA National Team for 10 years
 - ◆ 2012 Southern Illinois Coach of the Year

Clinic Schedule:

Saturday		Sunday	
3:00pm-3:30pm	Check-in & warm-up	9:00am-9:30am	Check-in & warm-up
3:30pm-4:15pm	Rotation #1	9:30am-10:20am	Rotation #1
4:15pm-5:00pm	Rotation #2	10:20am-11:10am	Rotation #2
5:00pm-5:45pm	Rotation #3	11:10am-12:00pm	Rotation #3
5:45pm-6:00pm	Break (bring a snack!)	12:00pm-1:00pm	Lunch (on your own)
6:00pm-6:45pm	Rotation #4	1:00pm-1:15pm	Warm-up
6:45pm-7:30pm	Rotation #5	1:15pm-2:05pm	Rotation #4
7:30pm-8:00pm	Open Workout/Cool Down	2:05pm-2:55pm	Rotation #5
		2:55pm-3:30pm	Open Workout/Cool Down

Rotations Include:

Trampoline

- Single skill development
- Twisting, multiple twisting, and flipping skills (will use foam pit for training multiple flipping skills)
- Combinations of skills

Double-Mini

- Mounter, spotter and dismount skills
- Combination/pass development

Tumbling / Tumble Track

- Long pass development (working into and out of whips and fulls)
- Reversals
- Ending skills (twisting & flipping)



Power Tumbling & Trampoline

Team Clinic 2018
Registration Form & Waiver

Student Information

Student Name: (1st Child)

M/F Age: Date of Birth:

Student Name: (2nd Child)

M/F Age: Date of Birth:

Mothers Name: Phone: Cell Work Home

Father's Name: Phone: Cell Work Home

Contact Email Address:

Additional Emergency Contact Name: Phone:

Team/Gym Name:

Days attending: (please circle) Saturday, October 6 Sunday, October 7 (\$80 / day or \$150 for both)

Levels for the 2018-2019 Season: TRAMPOLINE: DM: FLOOR:

FOR OFFICE USE ONLY: SR: SUR: P:

Medical Information

Medical Insurance Company: Policy #:

Are there any medical conditions to which we should be alerted?

WAIVER AND CONSENT-FLIGHT CLUB POWER TUMBLING & TRAMPOLINE, LLC

I, the undersigned, hereby confirm that I am the custodial parent or legal guardian of the minor children identified below (hereinafter the "Participants"). I hereby consent to the Participants being present at the facilities of Flight Club Power Tumbling & Trampoline, LLC (hereinafter "Flight Club") and taking part in any and all activities offered by Flight Club.

I acknowledge that, even though all activities offered by Flight Club are supervised by employees of Flight Club, the activities offered, including but not limited to, trampoline and tumbling activities, involve inherent risk of injury. I hereby waive, both for myself and the Participants, any claim of any kind or nature that either I or the Participants may have or acquire against Flight Club or its employees or agents arising out of or in any way related to the Participants' presence at the Flight Club facility or performance by the Participants of the activities offered by Flight Club or any injuries incurred due to the Participants' presence at the Flight Club facility or arising out of the performance of those activities so long as such claim is not a result of gross negligence or willful misconduct on the part of Flight Club or its employees and/or agents. I also understand there are no credits or refunds given after enrolling for this clinic.

Parent/Guardian Signature

Parent/Guardian Name (please print)

Address:

Phone: Home Cell Work

Participant Name (please print):

Date: