



DRAGON HOLIDAY GYMNASTICS CLINIC



COME LEARN & TRAIN WITH THE DRAGONS!!

We are hosting a one-day clinic for all Level 3–7 gymnasts who wish to improve their compulsory gymnastics by 100% and jump-start them into optional routines. Let us help you build successful gymnasts by sharing our training program with you. We will be focusing on drills and exercises that will give your gymnasts the building blocks to learn:

- **Front twisting** • **Back twisting** • **Double fronts** • **Double backs**
- **Back giants** • **Balance beam basics** • **Dragon dance warm-ups**

Our Dragon Coaching staff will be your master clinicians and our Elites and Level 10's will assist in the coaching and demonstrate all the skills being taught.



DATE/TIME: TUESDAY, DECEMBER 27, 2011 | 9:00 AM - 4:00 PM

CLINIC SITE: GAGE CENTER | 1101 NW JEFFERSON | BLUE SPRINGS, MO 64015
T: 816.220.7775 | F: 816.366.3928 | E: INFO@GAGECENTER.COM

SCHEDULE: 9 AM - NOON: CLINIC ROTATIONS
NOON - 1:00: LUNCH (NOT PROVIDED)
1:00 - 4:00 PM: CLINIC ROTATIONS

COST: \$80/GYMNAST
MAKE CHECK PAYABLE TO: GAGE CENTER

DEADLINE: DECEMBER 10, 2011

MAIL: COMPLETED REGISTRATION FORM & PAYMENT TO
GAGE CENTER | ATTN: DRAGON HOLIDAY GYMNASTICS CLINIC
1101 NW JEFFERSON | BLUE SPRINGS, MO 64015

HOST HOTEL: HILTON GARDEN INN | 19677 EAST JACKSON DRIVE | INDEPENDENCE, MO 64057
T: 816.350.3000 | W: WWW.HGI.COM

ADD'L INFO: WWW.GAGECENTER.COM | 816.220.7775 | INFO@GAGECENTER.COM

**Home of 2004 Olympic Silver Medalists, Terin Humphrey & Courtney McCool
& 2008 Olympic Team Alternate, Ivana Hong**