

IHSGGCA Fall Coaches Clinic 2017

7:45-8:30	Registration Opening Remarks	
8:30-9:00	Balance Beam Cartwheels + connections Kim Lago	Uneven Bars Front Flyaway Carlos Fuentes
9:10-9:40	Uneven Bars Kips for beginners Kim Estoque	Vault Tuck to pike How to upgrade your vault Gene Mariotta
9:50-10:20	Vault Beginner Handspring drills and progressions for vault Karen Morales	Uneven Bars Toe catch high- How to create a late drop Carlos Fuentes
10:30-11:00	What it takes to compete gymnastics at the Division III level: Q+A University of Wisconsin – Osh Kosh Head Coach Lauren Karnitz	Uneven Bars Basic Spotting Jake Luketin
11:10-11:40	What it takes to compete gymnastics at the Division III level: Q+A University of Wisconsin – Osh Kosh Head Coach Lauren Karnitz	Floor + Beam Dance combinations and connections Z. Prostka + Amber Mirski
11:45-12:15	Floor Drills to connect a Round off + BHS on floor f or beginners Dave Calisch	Uneven bars Belt spotting How to spot flyaways, giants, and double backs Carlos Fuentes

12:15-1:00	Lunch + Association Meeting	
1:00-1:30	Judging Vault Hillary Carlson	Beam Dismounts: Round off + BHS Jake Luketin
1:30-2:00	Judging Uneven Bars Hilary Carlson	