

IHSGGCA Coaches Clinic 2018

Friday, October 26th

List of presenters/clinicians

Kristyn Campos, Hilary Carlson, Carlos Fuentes, Samantha Gehringer,

Kim Lago, Jessica Lewis, Jake Luketin, Gene Mariotta, Kurt Waller

Kristin Nordquist, Jen Pistorious, Elizabeth Prostka, Kory Thompson

Schedule

8:00 – 9:00 Registration

9:00 – 10:45 Presentations

10:45 – 11:00 Break + Snacks (provided)

11:00 – 1:00 Presentations

1:00 – Association Meeting + Lunch (provided)

Topics and breakout sessions to be presented

- Vault - Yurchenko
- Beam – Advanced tumbling
- Beam – Advanced basics
- Beam – JV tumbling
- Floor - Strug + 1/1
- Floor – Back twisting
- Floor – Spotting
- Floor – JV jumps/leaps
- Bars – Giants
- Bars – JV bar workouts/organization
- Bars – Release moves
- Growth mindset
- Prehab
- Judging
- Routine construction JV
- Routine construction Varsity
- Roundtable discussion