

## Schedule

April	Each Tuesday & Wednesday 2:30 – 4:30
May	Each Tuesday & Wednesday 2:30 – 4:30
June	Each Tuesday & Wednesday 2:30 – 4:30
July	Each Tuesday & Thursday 2:30 – 4:30
August	Each Tuesday & Thursday 2:30 – 4:30
September	Each Tuesday & Thursday 2:30 – 4:30

There will be an optional Friday time offered if the demand is great enough. If the Friday time slot opens up and a student opts. to go three days a week there will be an additional up charge of \$36.00 for that clinic.

## Eastside Gymnastics Academy

Eastside Gymnastics Academy

19510 144th Avenue N.E.  
Suite C-7  
Woodinville, WA 98072  
Phone: 425-486-8836  
Fax: 425-949-4084  
Email: [info@gymeastw.com](mailto:info@gymeastw.com)



## High School Gymnastics Clinic

Eastside Gymnastics Academy

Tel: 425-486-8836

## IT'S YOUR TURN!

Eastside Gymnastics Academy is offering a series of clinics designed to keep high school gymnasts in shape and prepare them for next years high school gymnastics season.

The clinic will be run by, Glen Craig (Juanita high school), Jason Farr (Bothell high school) and James Evans (Owner Eastside Gymnastics Academy). Also, Carrie Dragland (2 time all around state champion) will be helping girls learn choreography for their routines.

In 2006 Bothell High was the undefeated state champion team and in 2007 Woodinville High won the state championship. Now it's your turn to work with the coaches who helped Carrie set new records and Bothell and Woodinville win their state titles. Come in and gain the benefit of over 60 years of combined gymnastics knowledge while having fun and getting in the best shape of your life!

Each clinic will be a regular gymnastics workout and training but, each monthly clinic will have an overall theme. Although each clinic has a theme and individual focus they will keep you in shape and ready for next season. The clinics are designed to get you ready to go back to your teams and show off and impress your coaches.

**We want to see you at meets placing in the top ten next year!**

## Clinic Themes

### April GYMNASTICS FITNESS

Correct technical execution is often impossible with out sufficient strength. Performance of gymnastics skills requires a great deal of strength. With insufficient strength, the gymnast learns a skill with one technique only to have to relearn the skill when they have increased strength. The power-to-body-weight ratio is an important performance determining factor in gymnastics and should therefore be taught as well as learned correctly.

### May BODY AWARENESS/FORM

Gymnastics is about moving and throwing the human body through amazing aerial acrobatics. Without correct body alignment and an understanding of kinetics the gymnast will have a difficult time performing these moves.

### June BALANCE AND FLEXIBILITY

For gymnastics flexibility is an absolute must. Without flexibility most of the high level skills are virtually impossible. Balance is also an absolute however, one should be complimentary to the other but, more often than not without proper training these two acquired skill are in opposition to each other.

### July ELEMENTS AND SKILLS

Obvious focus on all basic skills as well as more high level skills. This is where the gymnast will be learning to upgrade their current routines to reach the next level.

### August CHOREOGRAPHY

This is where the gymnast will be getting routines ready for themselves and learning how to help others with theirs. Carrie Dragland plays an integral roll in this part and if you've ever seen her perform you'll know why.

### September SELF DISCIPLINE

Self-discipline is a skill. This is acquired through hard work and perseverance believe it or not this is a skill that can be learned and taught.

## Registration Form

CLINIC COST: \$144.00 Each Clinic (see optional Friday)

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Total: \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

### Method of Payment:

- Check                       MasterCard  
 Bill Me                       American Express  
 Visa

Name as it appears on card

\_\_\_\_\_  
Expire Date

Credit Card No. \_\_\_\_\_

Signature \_\_\_\_\_

Billing Zip Code \_\_\_\_\_

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