

**SUB-ADVANCED, ADVANCED & ELITE LEVEL
TUMBLE, TRAMPOLINE & DOUBLE-MINI CLINIC**

October 4th & 5th, 2014

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.

Sub-Advanced, Advanced & Elite Competitors Only

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

This is an AAU sanctioned event.

All athletes must have their 2014-2015 AAU Membership.

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.

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: Friday, September 26th

Please get your registration in early if you would like to attend.

Maximum of 40 athletes per day.

Clinicians:

Stacy Jauch - Fox Valley Power Tumblers

- ◆ 19 years of coaching experience
- ◆ 2007 & 2012 USTA Coach of the Year
- ◆ Coach of a World Champion and current member on the Senior National Team

Darnell Robinson - Elite Sports Complex

- ◆ Coach at Elite Sports Complex 2009-2014
- ◆ 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

Bryan Yoder - Prairie Land Tumbling & Trampoline

- ◆ Owner & coach at Prairie Land Tumbling & Trampoline
- ◆ 14 years of coaching upper level athletes & has had athletes on the USTA National Team for 8 years
- ◆ 2012 Southern Illinois Coach of the Year

Stacey Wall - Flight Club Power Tumbling & Trampoline

- ◆ Owner/head coach at Flight Club Power Tumbling & Trampoline in Huntley, IL
- ◆ USTA Competitor 1990-2003, 2003 Kevin Ballenger Memorial Scholarship recipient
- ◆ 15 years of tumbling & trampoline coaching experience, NTJC certified for past 2 years

Clinic Schedule:

Saturday

- 3:00pm-3:30pm Check-in & warm-up
- 3:30pm-4:20pm Rotation #1
- 4:20pm-5:10pm Rotation #2
- 5:10pm-6:00pm Rotation #3
- 6:00pm-6:15pm Break (bring your own snacks)
- 6:15pm-7:05pm Rotation #4
- 7:05pm-7:55pm Rotation #5

Sunday

- 9:00am-9:30am Check-in & warm-up
- 9:30am-10:20am Rotation #1
- 10:20am-11:10am Rotation #2
- 11:10am-12:00pm Rotation #3
- 12:00pm-1:00pm Lunch (on your own)
- 1:00pm-1:20pm Warm-up
- 1:20pm-2:10pm Rotation #4
- 2:10pm-3:00pm Rotation #5
- 3:00pm-3:30pm Open Workout

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)

Please send this form (fill out front and back) and payment to.....

Flight Club, 11936 Oak Creek Parkway, Huntley, IL 60142

Athlete Name: _____

Parent Name: _____ Parent Phone: (____) _____

Athlete Address: _____

City: _____ State: _____ Zip: _____

Team/Gym Name: _____

Name of Coach: _____ Gym Phone: (____) _____

AAU # _____

- This event is sanctioned by the Amateur Athletic Union of the U. S., Inc.
- All participants must have a current AAU membership.
- AAU membership may not be included as part of the entry fee to the event.
- AAU **Youth** Athlete membership must be obtained before the competition begins except where the event operator has a laptop available with an internet connection. **Be Prepared: Adult and Non Athlete memberships are no longer instant and cannot be applied for at event. Please allow 10 days for membership to be processed.**
- Participants are encouraged to visit the AAU web site www.aausports.org to obtain their membership.

Levels for the 2014-2015 Season

Tumbling: _____ Trampoline: _____ Double-Mini: _____

Reminder: All athletes must be competing in the sub-advanced or advanced level on each event that they will be participating in during this clinic. For example: if your athlete is sub-advanced on trampoline & double-mini but intermediate on floor, they may participate in all rotations but will only do trampoline & double-mini.

Please check one below:

_____ Saturday Only (\$80) _____ Sunday Only (\$80) _____ Both Days (\$150)

Checks payable to: Flight Club

Please check the events you are interested in

_____ Trampoline _____ Double-Mini _____ Tumbling _____ Tumble Track

Please write skills or combinations that you currently have on the events you wish to participate. This information will be used to split athletes into groups.

Trampoline:

Double-Mini:

Tumbling:

Please fill out the back side ———>

FLIGHT CLUB

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.

Signature

Name (please print)

Address: _____

Telephone: _____

Participant Names (please print):

