**2018 MD /VA STATE TRAMPOLINE AND TUMBLING SKILL DEVELOPMENTAL CLINIC**

**When:** January 21, 2018

**Where:** Fairland Sports and Aquatics

13820 Old Gunpowder Rd

Laurel, MD 20707

**What: Athletes:** Target 60 athletes per session. Each session will includes a brief warm-up and station at all 3 events (Trampoline, DMT, and Tumbling). Each stations will be for 55 minutes. Mobility testing by request end of each session, time permitting.

**Trampoline**- We will be covering proper technique, focusing on correct execution, learning new progressions for somersaults and twisting somersaults.

**Tumbling-** We will be covering proper technique, focusing on progression and skills leading to strong flics and whips combination, learning to properly block for somersaulting and twisting skills, learning to work out of somersaulting skills as well as front tumbling skills.

**Double mini trampoline-** We will be covering proper technique and progressions on all aspect of the double mini that will includes, running, hurdling, jumping, somersaulting skills, twisting, and landing.

**Coaches:** New this year, we will have a strength and conditioning clinic for 30-45 minutes at the end of each session in conjunction with a mobility meet for those wishing to try to mobilize for their event. Please request which athlete you wish to mobilize on the registration.

**Featured Clinicians:** Coaches, judges and athletes including National, World Championships and International Age Group experience. This year we like to honor our special guest clinician, Joy Umenhofer.

**Registration:** The registration deadline is **January 6, 2018.** Email Tom [flipfactory\_2000@yahoo.com](mailto:flipfactory_2000@yahoo.com) for link to on-line registration form unique to your club. All changes saved online automatically. Form MUST be completed by January 6th, after which you’ll be locked from editing. There will be no changes or addition after January 6th . For those gyms who register 15 athletes or more will receive a 25.00 gift card as an appreciation of your support for the MD TNT athletes.

**Cost: $50** first session, **$80** two sessions. Please make all checks payable to **USAG,** send to Konstatin Gulisashvili at 13950 Old Gunpowder Rd Laurel, MD 20707.

**Coaches: $10.00** MD State Clinic Registration for all attending coaches and judges.

**Judges:** We will be conducting the Cat 1 judge’s course for all three discipline. Category 1 Tumbling will be conducted on Sunday January 20th at 11am follow by Category 1 Trampoline at 3pm. Category 1 DMT will be conducted on Sunday January 21st at 8:00am follow by Category 2 Trampoline at 11:30am. Erin Powel will be conducting the courses. You can register on the USAGym online. CONTACT either Erin Powel at Emjump@gmail or 858-335-6256 or Konstantin at [Kosta.gulisashvilli@pgparks.com](mailto:Kosta.gulisashvilli@pgparks.com) or 301-3626067 for more information.

**Notes:**

1. This is a sanction event
2. This is a drop off event, no spectator space is available in the gym and there is limited room in the lobby. There are shopping centers and other activities within 5 mile radius.
3. All Proceeds from the clinic are designated for Maryland state athlete support.
4. The schedule for this event will be different this year to allow the athletes to have quality time with the clinician. There will be a rotation between Trampoline and Double mini-tramp. Tumbling will be on its own.

**Thank you for your participation in and support of the State of Maryland TNT athletics.**

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**Tom Hamblin**