*** “Elite Performance” Clinic***

**at Elite Trampoline Academy**



**What**

Athletes will work with World Champions and Olympians to learn and progress their **trampoline, tumbling, & DMT** skills and routines through drills, progressions, spotting, lessons in biomechanics, and routine building! Athletes will also better prepare for the upcoming National Championships one month later. Athletes will also receive insight on overcoming fears, blocks, and nerves competing in high pressure situations.

**When**

June 1-2, 2019

Saturday & Sunday

**Where**

Elite Trampoline Academy

549 Route 35

Middletown, NJ 07748

\*40 miles from NYC\*

**Who**

Athletes and Coaches of *all* levels

**Clinicians**





**Jeffrey Gluckstein**

6 Time USA National Champion

World Cup Silver Medalist

6x World Champ Team Member

Category 1 USA TR Judge

**Steven Gluckstein**

2012 Olympian

2016 Olympic Team Member

USA Jr. Nat’l Team Head Coach

10 Time USA National Champion

Category 1 USA TR Judge

**Tatiana Kovaleva**

1996, ’98, ’99 World Champion

1995 & 1997 European Champion

2012 Olympic Games USA Coach

USA National Coaching Staff

Category 1 FIG TR Judge





**Slava Marozau**

1992 World Champion

7x World Cup Champion

Cirque du Soleil “La Nouba” Performer

**Misha Popov**

Russian National Team Member

Coach of multiple US National Champions

Longtime performer for Ringling Brothers Circus

The “Elite Performance” Clinic is also a great learning experience for coaches to gain knowledge on progressions, drills, and helping athletes cope through fears and mental blocks (in training and also in competition).

Clinicians will also help you create a compulsory and/or optional routine for your Elite Athletes to optimize their total score for the 2018-2019 competition season.

Learn biomechanics on how to properly execute the trajectory and rotation of single, double, and twisting skills.

Above all, come work hard and get *inspired* to take your trampoline, tumbling, and DMT to the next level!

**Saturday** **Sunday**

Session 1 12:00-2:00 Session 5 9:00-11:00

Session 2 1:30-3:30 Session 6 10:30-12:30

Session 3 3:30-5:30 Session 7 12:30-2:30

Session 4 5:00-7:00 Session 8 2:00-4:00

**Experience**

The Jersey shore includes not only miles of

beautiful beaches but *tons* of attractions

such as rides & rollercoasters, aquariums,

and the best food your heart can desire!

Times Square, NYC is just a short 45 minute

Ferry ride away, which includes amazing views

of The Statue of Liberty, NYC, NJ, & Brooklyn

skylines.







ATHLETE CLINIC REGISTRATION

Gym Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Coach\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Athlete Name: USAG #

Address:

City: State: Zip:

Gym Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_Cell Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

E-Mail: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Trampoline Level: DD of Optional Routine:

Most Difficult Skill:

Skill looking to learn at the clinic:

**Cost of Athlete Clinic:** **$140.00 (3 Sessions)**

**Preferred sessions: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Each additional session: $30.00

**NO REFUNDS!**

**Checks payable to:** Elite Trampoline Academy

549 Route 35

Red Bank, NJ 07701

732-747-4000

**Credit Card Option Payment:**

**Type of card\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Card Number \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Expiration Date\_\_\_\_\_\_\_\_\_\_\_\_\_ CVD Code\_\_\_\_\_\_\_\_ Zip Code\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**