

NYS - BOYS LEVELS 4-5 CLINIC OCT 23rd

**WHERE: CNY GYMNASTICS – SHOPPINGTOWN MALL
3649 ERIE BLVD ,DEWITT NY**

WHEN: 9AM – 3 PM

**COST: \$50.00 INCLUDES LUNCH – PIZZA –SANDWICHES-PASTA
WATER –FRUIT-JUICE**

FREE T-SHIRT AND PRIZES

**THERE WILL BE COACHES TO ASSIST GYMNASTS ON IMPROVING
BASICS AND ON LEARNING THE COMPULSARY ROUTINES.**

CLINIC WILL BE LIMITED - SIGN UP A.S.A.P.

REGISTER-8:45-9A.M.

WARMUP- 9A.M.-9:25

ROTATIONS-9:30-12P.M.

LUNCH 12-12:45 P.M.

ROTATIONS-12:45-2:30 P.M.

OPEN WORKOUT 2:30-3:00 P.M.

GYMNASTS \$50.00 X _____ = _____

DEADLINE IS SEPT 15TH OR WHEN FILLED

PLEASE MAKE CHECKS PAYABLE TO: UPSTATE USA GYMNASTICS

**SEND TO:
DAN MOLNAR
RE: UPSTATE CLINIC
2187 WEHRLE DR
WILLIAMSVILLE NY 14221**

COACHES WANTING TO HELP PLEASE CONTACT ME ASAP

**IF ANYONE HAS ANY QUESTIONS PLEASE FEEL FREE TO CONTACT ME
716-634-4401 GYM 3:30PM-9:15PM**

NAME OF MEET		NYS - UPSTATE CLINIC			DATE: SEPT 15TH		
NAME OF TEAM -				PHONE# -			
TEAM ADDRESS-							
CITY--		STATE--			ZIP--		
E-MAIL		FLIP3TWST@ROADRUNNER.COM					
COACH 1				USAG#			
COACH 2				USAG#			
COACH 3				USAG#			
	GYMNAST NAME	LEV.	USAG #	AGE	GROUP A-B-C	Shirt size	FUTURE STARS
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							
13							
14							
15							
<p><u>ENTRY DEADLINE SEPT 15th</u> <u>clinic tends to fill up fast send ASAP</u></p>				<p>GYMNAST FEES: COMPULSORY _____ X \$50 = _____ -</p>			