

# **2018 WV USA Gymnastic Womens State Clinic**

This Annual Clinic Has Been Devised To Serve Several Purposes.

- 1. To Support The Efforts Of WVUSA Gymnastics!**
- 2. To Provide A Training Opportunity Unique To the Daily Workouts Of Clubs.**
- 3. To Help Unify Coaches, Gymnasts, And Judges In an Atmosphere That Is Noncompetitive And Constructive in Nature.**
- 4. Provide Learning Opportunities For West Virginia Coaches, Judges, And Gymnasts. (Judges will be available for interactive critiques)**
- 5. The Annual Clinic Is a **Sanctioned** Event So That Only USA Gymnastics Registered Members Are Eligible To Participate. (Coaches, Gymnasts, Judges, Etc. -All Memberships Will Be Verified As a Sanctioned Event.)**

**WVGTC Has Agreed To Structure the Clinic in the Most Professional Way To Welcome All Clinicians, Clubs, Coaches, Etc. With the Intentions Of Providing The Most Equal Opportunity For All Participants To Have a Productive And Enjoyable Atmosphere.**

**(SESSION & ROTATION TIMES WILL BE EXTENDED FROM LAST YEAR)**

**GYMNASTS MAY NOT ATTEND WITHOUT ACTIVE USA GYMNASTICS PROFESSIONAL COACHES. COACHES WILL WORK WITH THEIR GYMNASTS ON EACH EVENT ALONG WITH AVAILABLE JUDGES & CLINICIANS.**

**Fees-\$25/Gymnast-Completed registration form/payment to be sent to:**

**WVGTC  
226 Vista Del Rio Dr.  
Morgantown, WV 26508**

**Payments- 1 club/boosters check for participants payable to WVUSAG. ®**

**DEADLINE-9/26/2018**

**(THE DATES FOR THE CLINIC WERE CHOSEN TO NOT CONFLICT WITH WVU FOOTBALL)**

# **CLINICIANS**

## ***HEAD CLINICIAN/Vault***

***Tony Eusini***

- 29 years of coaching experience***
- Woodward Gymnastics Director/Coach for 12 years***
- Does clinics around the country and Canada.***
- Level 8 MD Rep from 2006-2012***
- USAG Judge***

## ***BARS***

***Tian Zhang***

***Coach experience***

- China Elite (girls) for 6 years.***
- Australia (11years .Boys) USA 18 years***
- Coaching at Hill's gymnastics for 6 years (L-10)***

## ***FLOOR***

***Tiffany Mills***

- 15 Years Coaching experience***
- Maryland State Clinician***
- Teaches Clinics/Coaches Education around the East Coast and Internationally.***
- USA Gymnastics Professional Member***
- Women's Meet Director***
- USA Gymnastics Maryland State Committee Member (former)***
- USA Gymnastics South Carolina Committee Member (former)***
- National Association of Women's Gymnastics Judges (current)***

## ***BEAM***

***Calley Cook***

***Clinician, Coach & Judge For over 9 years in Maryland.***

**WV STATE CLINIC CLINICIANS & SCHEDULES  
AS OF 9/28/2018**

**Saturday October 13- 9:00 AM Judges Course**

**Saturday October 13- 12:00 PM Check-In-Levels 3-5 Xcel Silver, Gold, & Platinum**

**(Recommended to have kip)**

**45 minute rotations**

**12:00 PM-12:20 PM- Check-in upstairs Dance Room**

**12:20PM-12:50PM-Opening Statements & introduction of clinicians-  
Tony Eusini**

**12:50 PM-1:20 PM - warm-up & stretch-Tony Eusini & master clinicians**

**1:20 PM-2:05 PM-first rotation**

**2:05 PM-2:50 PM-Second rotation**

**2:50 PM-2:35 PM- third rotation**

**2:35 PM-2:55PM- Break**

**2:55 PM-3:40 PM-fourth rotation**

**3:40 PM- 4:25 PM -fifth rotation**

**4:25PM-5:15 PM - OPEN WORKOUT**

**5:15 PM-5:40? PM Cool Down/Final Remarks**

***All rotations will consist of Vault, Bars, Beam, Floor, & Floor Dance  
GATORADE WILL BE MADE AVAILABLE THROUGHOUT THE CLINIC.***

**Following the Saturday Clinic there will be a  
State Meeting & Meal/Social. Site TBA**

# Sunday October 14-Levels 6-Jr.Elite- Xcel Diamond

**Sunday-10:30AM- 11:30 AM judge/clinician Q&A**

*50 minute rotations*

**11:30 AM-11:45AM -Check-in upstairs Dance Room**

**11:45AM-12:10PM-Opening Statements & introduction of clinicians-  
Tony Eusini**

**12:10-12:40-Warm up/Stretch -Tony Eusini & master clinicians**

**12:40 PM-1:30 PM -first rotation**

**1:30 PM-2:20 PM-Second rotation**

**2:20 PM-3:10 PM-third rotation**

**3:10 PM-3:30PM-Break (food for coaches, clinicians, judges)**

**3:30 PM-4:20 PM-fourth rotation**

**4:20 PM-5:10 PM-fifth rotation**

**5:10 PM- 5:55 PM – OPEN WORKOUT**

**5:55 PM-6:15 PM -Cool Down/Final Remarks**

***All rotations will consist of Vault, Bars, Beam, Floor, & Floor Dance  
Each rotation will rotate in the above order. Leeanne Cheshko will run  
the Floor Dance in the WVGTC dance room.(upstairs)  
ALL GYMNASTS ARE RESPONSIBLE FOR THEIR OWN BREAK FOOD.***

***GATORADE WILL BE MADE AVAILABLE THROUGHOUT THE CLINIC.***