



2019 WV USA Gymnastic Women's' State Clinic

The annual West Virginia State Clinic will be held the weekend of September 21 – 22, 2019 at the West Virginia Gymnastics Training Center, G-Force Gymnastics.

Bring your team out for a fun weekend where we can work together as a state in a noncompetitive format. Coaches and gymnasts will have the opportunity to work with clinicians and judges on each event to get ready for the upcoming season.

Please be advised:

- **The WV State Clinic is a sanctioned event, and all those participating must have their USAG Membership current.**
- **Gymnasts may not attend without an active USAG Professional Coach. Coaches will work with their gymnasts on each event, along with the clinicians and judges.**

Registration/Payments:

- **The cost is \$50 per gymnast. Send one check made payable to WVUSAG, along with registration form to:**

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

Deadline for registration is 8/30/2019

Clinicians

Head Clinician Tony Gehman

In 1985, Tony and his wife Paula established ownership of North Stars and turned it into the reputable gymnastics academy it is today. Over the past 38 years, he has trained gymnasts of all levels, including elite level gymnasts, U.S. National Team members, as well as World and Olympic Trial qualifiers. He guided these gymnasts to compete in international countries including Russia, Peru, Spain, France, Korea, England, Columbia, Cuba, Mexico, Canada and Bulgaria. Tony is a former member of the USA Gymnastics Coaching Staff, the USA Gymnastics Board of Directors, and was President of the United States Elite Coaches Association (USECA) from 1991-2001. He developed the Yurchenko Training Program for USA Gymnastics, a conditioning packet for USA Gymnastics, and am the author of "Coaching Tips" for the USECA's technical journal. He has also been a USAG Board member for over 10 years. Tony has had the honor to be awarded: 1991 U.S.A. Gymnastics International Coach of the Year • 1991 Elite Coaches Assoc. International Coach of the Year • 2008 U.S.A. Gymnastics Junior Olympic National Coach of the Year • 2015 state regional and national JO program of the year • 2017 USECA Junior Olympic Coach of the Year

Vault Lori Dexter

Bars Barry Mattern

Barry Mattern is the owner of Artistic Sports Academy Plus and the head girls team coach. With over 30 years of coaching experience, Barry was named Pennsylvania's "Mens Program Coach of the Year" in 1996, 2001, 2004, 2006 & 2012 and in 2014 honored with a 30 year service award by USA Gymnastics Pennsylvania. Prior to opening Artistic Sports Academy Plus in 2004, he was co-owner to another gymnastics facility in the Harrisburg area for 16 years. Over the years, Barry has been involved with the Special Olympics, even coaching the 1991 International Special Olympic Champion; in 2001 the Junior Olympic National All-Around Champion. Barry was the Pennsylvania Men's State Chairman for USA Gymnastics for 28 years. Barry has coached many national qualifiers and many athletes on to college scholarships.

Beam Paula Gehman

Over the course of her career at North Stars, Paula has had a great deal of success. She received her Brevet (international) Judges rating. She has coached nationally, as well as internationally, for numerous decades.

Floor
Cheryl Johnson

Cheryl is the owner and team director of Virginia Techniques Training Center. She has been coaching gymnastics for over 20 years at levels 3 – 10. Cheryl has coached many State, Regional, National, and International champions and medalists. She serves on the VAUSAG State Board.

Floor Dance
Leeanne Cheshko

Leeanne is a level 10 judge, runs TLC Dance World, choreographer specialist, & current fitness competitor/judge. We are excited to have her back with us for another year!

WV State Clinic Schedule

*All rotations will consist of Vault, Bars, Beam, Floor, & Floor Dance
Each rotation will rotate in the above order. Floor Dance Will be in the WVGTC
dance room.(upstairs)*

ALL GYMNASTS ARE RESPONSIBLE FOR THEIR OWN BREAK FOOD.

Saturday September 21 - Levels 6-10 and Diamond

9:30 Sign in
9:50 Opening remarks and introductions
10-10:30 Warm up
10:30-10:45 Basics on floor (all)
10:45 -11:35 Rotation 1 (5 groups)
11:35-12:25 Rotation 2
12:25-1:15 Rotation 3
1:15-1:30 Break
1:30-2:20 Rotation 4
2:20-3:10 Rotation 5
3:10-3:30 Closing remarks and questions
3:30-5:30 Coaches education.

***Following the Saturday Clinic there will be a non formal dinner and
social gathering for coaches, judges, and clinicians. Site TBA***

Sunday September 22 - Levels 4-5 and Xcel Gold-Platinum

9:30 Sign in
9:50 Opening remarks and introductions
10-10:30. Warm up
10:30-10:45 Basics on floor (all)
10:45 -11:30 Rotation 1 (5 groups)
11:30-12:15 Rotation 2
12:15-1:00 Rotation 3
1:00-1:20 Break
1:20-2:05 Rotation 4
2:05-2:50 Rotation 5
2:50-3:35 Closing remarks and questions