



## Region 5 Hi-Tech Coaches Seminar

Who: Level 8 – 10 Coaches, plus 1 Level 9 or 10 gymnast per club

Where: Branch Gymnastics

6712 Financial Parkway, Kalamazoo, MI 49009

When: May 31 – June 3, 2018

Registration: \$100.00 per coach (includes buffet dinner Saturday night)

USA Online Registration – Region 5 Hi-Tech Coaches Seminar Sanction #66916

Make Check payable to Region 5 USA Gymnastics

Mail Registration Form and Check to: Region 5 RACC

c/o David Stiles

105 Woodland Lane

Carmel, IN 46032

Maximum Registrations: 60 coaches

Hotel: Radisson Plaza Hotel @ Kalamazoo Center

100 W. Michigan Ave., Kalamazoo, MI 49009

--Block Under GYM18--

Rate: \$137.00 + \$15.07 tax

Self-Parking: \$10.00

Technicians: Vault – Steve Hafeman – Twin City Twisters – Champlin, MN

Bars – Vladimir Smirnov - Shooting Stars of Hickory – Hickory, NC

Beam – Lumintia Garcy - National Staff - USA Gym – Colorado Springs, CO

Floor – TBA

Trampoline – Joy Umenhofer - Trampoline & Tumbling National Coaching Staff - USA Gym

Sports Psychology – Alison Arnold - Head Games Web Camp

Sports Medicine – Kim Sisto – PT with Nationwide Children’s Hospital – Columbus, OH

Planning and Organization – Mary Lee Tracy - Cincinnati Gymnastics Academy - Cincinnati, OH

## Tentative Schedule

### **Thursday, May 31, 2018**

06:00 – 07:00 Registration  
07:00 – 09:00 Science – Planning and Organization (Radisson Hotel)

### **Friday, June 1, 2018**

08:30 – 09:30 Technical Round #1  
09:35 – 10:35 Technical Round #2  
10:35 – 11:35 Technical Round #3  
11:35 – 01:00 Lunch (On your own)  
01:00 – 02:00 Technical Round #4  
02:05 – 03:05 Technical Round #5  
03:10 – 05:10 Round Table with Staff (Gymnasts with Alison Arnold)  
05:10 – 07:00 Dinner (On your own)  
07:00 – 09:00 Science – Sports Psychology (Radisson Hotel)

### **Saturday, June 2, 2018**

08:30 – 09:30 Technical Round #1  
09:35 – 10:35 Technical Round #2  
10:35 – 11:35 Technical Round #3  
11:35 – 01:00 Lunch (On your own)  
01:00 – 02:00 Technical Round #4  
02:05 – 03:05 Technical Round #5  
03:05 – 05:05 Science – Sports Medicine (Branch Gymnastics)  
05:45 – 07:30 Informal Dinner (Buffett at Radisson Hotel)  
07:30 – 10:00 Social Hour with Staff and Coaches

### **Sunday, June 3, 2018**

08:00 – 09:00 Technical Round #1  
09:05 – 10:05 Technical Round #2  
10:10 – 11:10 Technical Round #3  
11:10 – 012:10 Lunch (On your own)  
12:10 – 01:10 Technical Round #4  
01:20 – 02:20 Technical Round #5



Region 5 Hi-Tech Coaches Seminar  
Registration Form

Coaches Name: \_\_\_\_\_ USAG PRO #: \_\_\_\_\_  
\_\_\_\_\_ USAG PRO #: \_\_\_\_\_  
\_\_\_\_\_ USAG PRO #: \_\_\_\_\_  
\_\_\_\_\_ USAG PRO #: \_\_\_\_\_

Club Name: \_\_\_\_\_

Club Address: \_\_\_\_\_

Contact Phone: \_\_\_\_\_

Email Address: \_\_\_\_\_

Gymnast Name: \_\_\_\_\_

Level: \_\_\_\_\_ USAG Athlete #: \_\_\_\_\_

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# of Coaches \_\_\_\_\_ X \$100.00 = \_\_\_\_\_ Check #: \_\_\_\_\_

Make Check Payable to: Region 5 USA Gymnastics

Mail To: David Stiles

Region 5 RACC

105 Woodland Lane

Carmel, IN 46032

Deadline: May 15, 2018