



**2016 Future Star and Technical Sequence
Workshop Information**

Location: Kidsports USA – Attention: Mindy Watson
6712 Financial Parkway
Kalamazoo, MI 49009
Tele: 269-544-3000

Dates/Times

- **Every Gymnast must have a current USAG Membership**
- **Personal Coaches may only observe, unless their USAG Membership is current**

Saturday – September 17, 2016

- **Gymnasts** **Ages 8yrs old and 9yrs old**
12:30p-12:45p Gymnast Check-in
12:45p-6:30p Event Rotations
- **Parents** **Parent Education Sessions**
1:00p-3:00p (4 topics – 30mins each)
- **Coaches** **Coaches Clinics**
9:00a-11:00a Clinic #1
 - F/S Updates
 - JO and T/S Updates
 4:00p-6:00p Clinic #2
 - Skill development
 - Skill development

Sunday – September 18, 2016

- **Gymnasts** **Ages 10 - 18yrs old**
8:45a-9:00a Gymnast Check-in
9:00a-12:30p Event Rotations
12:30p-2:00p Lunch Break
2:00p-5:30p Event Rotations
- **Parents** **Parent Education Sessions**
10:00a-12:00p (4 topics – 30mins each)
- **Coaches**
 - **Coaches rotate through event rotations**

Limited Space Available (1st come 1st registered - registration not guaranteed)

Registration fees:	Early* (on or before September 01)	Late (after September 01)	Onsite (weekend of event)
F/S 8 -9yrs old	\$55.00	\$70.00	\$90.00
F/S 10-13yrs old	\$75.00	\$90.00	\$110.00
T/S 14-18yrs old	\$75.00	\$90.00	\$110.00

* For Early Registration Fees, registrations must be received with full payment by September 01.

Emailed registration forms will not be processed until full payment is received

Make check payable to: USGF Region 5 Men's Gymnastics

