



2008 Regional Clinic Information

Please mark your calendar and bring your team to a *FUN-FILLED, LEARNING* experience:

July 12th – 13th

San Mateo Gymnastics · Belmont, California

Open to all Level 4 – Elite athletes

FEE: \$100.00 per optional athlete
\$ 80.00 per compulsory athlete
\$ 50.00 per coach or judge
(make checks payable to Region 1)

Hotel: Holiday Inn Express
(650)-654-4000

Please complete the attached entry form and return along with your check no later than June 20th, 2008. \$10.00 per athlete late fee.

August 9th -10th

Team OC · Costa Mesa, California

Open to all level 4 – Elite Athletes

FEE: \$100.00 per optional athlete
\$ 80.00 per compulsory athlete
\$ 50.00 per coach or judge
(make checks payable to Region 1)

Hotel: Ayers Hotel
325 Bristol St.
Costa Mesa, CA 92626
(714) 549-0300

Please complete the attached entry form and return along with your check no later than July 17th, 2008. \$10.00 per athlete late fee.

October 18th -19th

Arizona Sunrays Gymnastics & Dance Centers -Phoenix, Arizona

*****Open to all Level 7 – Elite athletes *****

FEE: \$100.00 per optional athlete
\$ 50.00 per coach or judge
(make checks payable to Region 1)

HOTEL: TBD

Please complete the attached entry form and return along with your check no later than September 24th, 2008. \$10.00 late fee per athlete.



Our Region One Clinics are growing every year and have been a great experience for everyone who has participated. There are **three** core goals that we are trying to achieve by hosting these Regional Clinics.

- **Education:** We need our coaches, top judges and top athletes to actively participate in our regional clinics. In order to better ourselves we must learn, and there is no better way of learning than the open sharing of ideas, techniques, opinions, training plans, conditioning programs and strategies for bringing out the best in our gymnasts.
- **Building Team Unity:** Team Unity is essential in providing a fun competitive atmosphere for our athletes. The obvious benefit of Team Unity is that it leads to a better performance by our athletes, which is a crucial part of achieving our overall goal of being the best Region.
- **Fundraising:** To raise funds to help outfit our athletes and coaches so our *TEAM appearance* is as great as our *performance*. These clinics are some of the only fundraisers done by Region 1. All profits will benefit our athletes by helping to purchase the additional team apparel for Level 9 and 10 Western and J.O. National athletes.

As an incentive to participate in one of the three clinics that we will have had this year, each gym that participates will receive a complete apparel package for athletes qualifying for J.O. Nationals, as well as coaching apparel. Those teams that do not participate will need to purchase the additional apparel for their athletes and coaches. You may purchase this apparel as well as additional sets of the coaching apparel at the Region 1 Championships.

