

USA GYMNASTICS
REGION 5
TRAMPOLINE,
TUMBLING & DOUBLE -
MINI CLINIC FOR
ATHLETES

December 4-5, 2021

Ultimate Air Team Gym
6908 Downwind Rd.
Greensboro, NC 27409

CLINICIANS:

Dmitri Poliaroush

USA Olympic Coach
Olympian 2000 & 2004
World & European Champion

Aliaksei Shostak

Olympian 2020
World Championships Silver Medalist
World Cup Champion

Scott Lineberry

World Championships Coach
World Age Groups Competitions Coach
National Coaching Staff Member

Andrew Muzzarelli

USA National Team Member
World Age Groups Competitions Coach

ATTENTION TRAMPOLINE, GYMNASTICS, TUMBLING COACHES AND CLUB OWNERS

There will be an athlete clinic held on Saturday, December 4 and 5, 2021 at Ultimate Air in Greensboro, North Carolina. This clinic will be instructed by Dmitri Poliaroush and other coaches/high level athletes from Region 5.

On Friday December 3, there will be an Olympic exhibition honoring Nicole Ahsinger and Aliaksei Shostak (USA Olympians 2020). There will also be a meet and greet with these athletes following the exhibition.

Coaches will have a chance to increase their knowledge of trampoline skills and their progressions

This is your opportunity to learn proper techniques that will help your athletes better their performance.

You will have the opportunity to prepare your athletes for the 2022 Season.

Dmitri can help you to compose routines for optional level athletes.

**DO NOT MISS THIS AMAZING OPPORTUNITY TO
EDUCATE YOURSELF AND YOUR COACHING
STAFF**

Schedule

Friday December 3, 2021

6:00 p.m.

Olympic Exhibition

Nicole Ahsinger and Aliaksei Shostak

Saturday, December 4, 2021

9:00 a.m. – 1:00 p.m.

Session 1

2:00 p.m. – 6:00 p.m.

Session 2

Sunday, December 5, 2021

9:00 a.m. – 1:00 p.m.

Session 3

NOTES:

Registration begins immediately. It is important to register early because we will run on a “first come, first serve” basis and space is limited.

ATHLETE CLINIC REGISTRATION

Gym Name: _____

Coach: _____

Athlete Name: _____ USAG # _____

Address: _____

City: _____ State: _____ Zip: _____

Gym Phone: _____ Cell Phone: _____

E – Mail: _____

Trampoline Level: _____ Tumbling Level: _____

Double-Mini Level: _____

Hardest Skill Performed: _____

Parent Signature: _____

Cost of Athlete Clinic: \$120.00

NO REFUNDS!!!

Checks payable to:
USAG Region 5 T&T
503 Green Springs Rd
Youngsville, LA 70592

337-326-0386 (Mobile)
337-988-5310 (Fax)