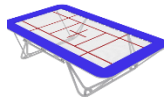


# N.C. MINI CLINIC



*For Trampoline & Double Mini Athletes!*

*For Judge Training on All 3 Events!*

*~~ October 23<sup>rd</sup> & 24<sup>th</sup> ~~*



**At Carolina Elite - 5460 Prospect Ct, Archdale NC 27263**

Team North Carolina is going to be stronger than ever this year because of our amazing professional members, athletes, and volunteers. The more we collaborate, the greater our state will become! Carolina Elite has offered their gym for *free* to host a mini clinic that will focus on preparing athletes for the upcoming 2022 season routines on Trampoline & Double Mini.

**Coaches:** All-Hands-On-Deck as Coaches Work Together! Nick Minney to serve as coordinator.

**Cost:** **ONLY \$25** Per Training Session Per Athlete – All NC Coaches **FREE** Attending – ALL profit from the event will go towards the state financial account to potentially help fund NC athletes.

## **Equipment Specs:**

- 4 Olympic Trampolines (2x Euro, 1 GaoFei, 1 Dave Ross String Bed)
- 1 Euro DMT with full run up and landing zone
- Throw Mats, Pit Pillow Mats, and Overhead Spotting Rig on DMT

## **Registration DEADLINE:**

Registration Open exclusively to NC Athletes until September 30<sup>th</sup>.

If space remains, Registration Opens to Out of State Athletes after Sept. 30<sup>th</sup> until space fills up.

To Register, Contact Nicholas Minney at [NorthCarolinaTNT@gmail.com](mailto:NorthCarolinaTNT@gmail.com) for the registration link

**– Session Slots will be given based on first come, first serve.**

## Clinic Schedule

### *Athletes' Training Schedule*

*Up to 18 athletes per session  
ALL USAG competitive levels welcome!*

#### **Friday, October 22<sup>nd</sup>**

No Athlete Training

#### **Saturday, October 23<sup>rd</sup>**

Session 1 – 12:30 – 3:00 PM

Session 2 – 3:00 – 5:30 PM

Coaches' Education Lecture 5:30 – 6:30

All Coaches Invited to Dinner Afterwards

#### **Sunday, October 24<sup>th</sup>**

Session 3 – 9:30 – 12:00 PM

All Athletes/ Coaches Welcome to Share  
Pizza Lunch (\$5 Extra)

Session 4 – 1:00 – 3:30

Session 5 – 4:00 – 6:30

### *Judges' Training Schedule*

Led by North Carolina Technical Chair,  
Kristin Cleveland

#### **Friday, October 22<sup>nd</sup>**

Category 2 Tumbling / 5:00 – 9:00 PM

#### **Saturday, October 23<sup>rd</sup>**

Category 3 Double Mini / 9:00 – 1:00 PM

Category 3 Trampoline / 1:00 – 5:00 PM

Category 2 Double Mini / 5:00 – 9:00 PM

#### **Sunday, October 24<sup>th</sup>**

Category 3 Tumbling / 9:00 – 1:00 PM

Category 2 Trampoline / 1:00 – 5:00 PM

To Register, Contact Nicholas Minney at [NorthCarolinaTNT@Gmail.com](mailto:NorthCarolinaTNT@Gmail.com) for the registration link.