



Women's Level 1-4 Skill Development is coming to Region 5...

Women's Level 1-4 Skill Development Curriculum Program

This course, which is part of the level 2 curriculum of the Professional Development Certification Program (PDCP) and USA Gymnastics University, focuses on the discipline of women's gymnastics. It is a great course for all coaches and instructors at any level – competitive compulsory or optional coaches, pre-team coaches, recreational instructors, club owners and directors. It helps establish a solid foundation for coaches and instructors on gymnastics fundamentals.

The course is 12 hours in length, taught over two days. It incorporates all of the Women's Level 1-4 skills in each event – vault, bars, beam, and floor. The course instructors cover progressions, drills, proper technique, and spotting for each of the skills. The clinic also includes lectures and activities around dance instruction, sport psychology, coaching principles and philosophies.

This is a GREAT hands-on instructional course!! Don't miss this continuing education opportunity!

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| Where: | Cutting Edge Athletics 44380 N Groesbeck Hwy., Clinton Township, MI 48036 |
| When: | November 1-2, 2008 Day 1: November 1 – 2:00 p.m. – 8:30 p.m. Day 2: November 2 – 8:30 a.m. – 12:30 p.m. |
| Who should attend?: | Compulsory & optional competitive coaches, Pre-team coaches, Recreational instructors, Team & class directors |
| Why?: | Great hands-on course covering the Women's Level 1-4 skills. Includes drills and progressions for these skills as well as a spotting clinic. Also provides great foundational information for all coaches and instructors. |
| Cost: | \$130 (for professional, junior professional, instructor or athlete members) \$180 (for nonmembers or other member types not listed above) |
| How to Register: | Registration information and forms are available on the USA Gymnastics website . Members can register online and receive a \$5 discount. |
| Registration Deadline: | October 18, 2008 by fax, mail, or phone October 25, 2008 online (members only) |
| Questions: | Contact USA Gymnastics Member Services at 1-800-345-4719 or the course instructor, Claudia Kretschmer at 734-417-1451. |

* Be sure to register today and reserve your spot in the course! Registration is first come, first serve.

** Find complete course information on the [USA Gymnastics website](#).

