



Virginia State Future Stars/JE Program

Program Director:

Kevin Hallinan kevnastics@gmail.com

VA State Chairman:

Kevin Hallinan

Virginia State Future Stars and JE Clinic Two Reminder and Schedule Outline

July 13 and 14, 2019 at Aerial East

Saturday Evening: Coaches Workshop (no athletes) 4pm until finished

*Food will be provided.

Sunday Clinic: Breakfast and Lunch will be provided for Coaches; lunch only for athletes.

If you have an athlete with allergies or specific food needs, they will have to bring their own.

8:45 Registration 9:00 Line Up

Lunch 12:00 – 1:00

3:00 pm Dismissal

Clinic will include a group warm up and physical prep; strength and flexibility challenges; apparatus training with a focus on the first half or second half of the competitive sequences; some gymnastics games/challenges if time permits. Experience is not necessary to participate.

Please register online via the USAG Meet Reservation Page ASAP

Send Payment to Cindy Walker; 144-A Tewing Rd; Williamsburg, VA 23188