

# Virginia Men's Gymnastics

## 2024 State Clinic and VA Elite Team Camp #1

***Guest Clinician: Felipe Mendonca***



***Where: Williamsburg Gymnastics***

144-A Tewning Road Williamsburg, VA 23188

***When: June 8-9***

The 2024 VA Men's State Clinic and VA Elite Team Camp #1 will give VA Elite Team members, Level 3-10 athletes who have competed, and all Virginia Men's Gymnastics coaches the opportunity to come together and work with some of Virginia's top athletes and coaches as well as clinician, Felipe Mendonca. Gymnasts attending will be working in level groups to allow more attention from the coaching staff as well as build camaraderie with other athletes at their level. This clinic will serve as the first opportunity for the VA Elite Coaching Staff to observe the new VA Elite Team members. ***Athletes who attend the clinic should be hard working and self driven. This will allow everyone to get the most out of the clinic.***

### ***Registration:***

We will be using the USA Gymnastics Meet Reservation System to register athletes. The sanction is open for registration (2024 VA Men's State Clinic & Elite Team Camp #1). Please reach out to your coach or gym contact to register your athlete(s) and Coach(es). **Coaches need to be registered.**

**Any VA Coaches and only VA Elite Team athletes will be registering until May 1st, at which point, if there is space available, additional athletes will be able to be register until May 15.**

### ***Cost:***

- Athletes: \$150
- Coaches with athletes: Free
- Coaches without athletes: \$75

### ***Checks should be made payable to:***

- VA Men's Gymnastics
- Please send one check and a copy of the USA Gymnastics MRS registration to:  
Brett Lydon  
c/o Williamsburg Gymnastics  
144-A Tewning Road  
Williamsburg, VA 23188

### ***Registration Deadline:***

- VA Elite Team Athletes and Coaches concludes May 1st
- Beginning May 1st any additional VA athletes (at any compulsory or optional level) may register until May 15 when the registrations will close
- Check postmarked by May 15, 2024

**The VA State Clinic is a USAG sanctioned event. All Athletes, Coaches, and Officials MUST be current USA Gymnastics members in good standing to be on the Floor!**

Tentative Schedule:

<b>Saturday June 8th</b>	<b>Sunday June 9th</b>
<p>Coaches (only)            8:00am Arrive            8:15am Judges Perspective            10:30am Development Program Update            11:30am Round Table discussion and Lunch with Felipe Mendonca</p> <p><b><u>Practice 1 (Athletes and Coaches):</u></b>            Athletes Arrive: 12:45pm            Warm-Up: 1:00pm            Dinner Break: 4:15pm - 5:15pm            [Athletes will be responsible for their own dinner]</p> <p><b><u>Practice 2 (athletes and Coaches):</u></b>            Warm-Up: 5:15pm            Athlete Pick-Up: 8:00pm</p>	<p><b><u>Practice 3 (Athletes and Coaches):</u></b>            Warm-Up: 9:00am            Athlete Pick-Up: 12:00pm</p> <p>Coaches (only)            12:00-1:00pm Round Table discussion to conclude clinic</p>



**COACH FELIPPE BARROS MENDONCA**

Roswell Gymnastics Men's Team Head Coach & Supervisor  
 2023 USAG Men's Gymnastics Junior Coach of the Year  
 2023 USAG Junior Men's National Team Coach  
 5x Brazilian AA National Champion  
 10x Brazilian National Team Member

While competing for his country, Felipe represented Brazil in numerous prestigious events such as World Championships, 2 International Cups, University Games, and 2 Pan-American Gymnastics Union Games. Upon retiring from the sport, Felipe earned his degree in Physical Therapy and in Acupuncture while also earning top scores as a FIG (Federation of International Gymnastics) Judge.

In the last two seasons 2 of his former gymnasts now compete for Nebraska, 1 for Oklahoma, 1 for Ohio State, 2 for the Air Force Academy, 1 for Georgia United. A current team member has signed to compete for the University of Illinois Urbana-Champaign. You can check out info about these young men on this page: <https://www.roswellmensgymnastics.com/page/recruitables>

## 2024-25 VA Elite Team Roster

<b><u>Above the Bar</u></b>	<b><u>Apex</u></b>
Nelson Mokhtar - Level 8 JE James Timmerman - Level 10 JN (JR)	Jake Carbary - Level 9 JN
<b><u>Apollo</u></b>	<b><u>Arlington Tigers</u></b>
Ian Braverman - Level 3 Roshan Thotakura - Level 4 Austin Lessard - Level 4 Colter Doran - Level 5 Avyel Nimoh - Level 5	Arthur Pedan - Level 8 JN
<b><u>Capital</u></b>	<b><u>Dynamic (Falls Church)</u></b>
Kale Willis - Level 3 Dominic Petre - Level 4 Jude Brimage - Level 5 Leland Waldrup - Level 5 Ewan Delo - Level 8 JE Jovan Jimeno - Level 9 JE Rayan Benkhayat - Level 9 JE Patricio Guillaumin Perez - Level 9 JN Richard Alpha - Level 9 JN Cameron Chemerys - Level 9 JN Greg Murphy - Level 9 JN Keller Dugan - Level 9 JN Gavin Thomson - Level 10 JE (JR) Daniel Jekal - Level 10 JE (JR) Jansen Mitchell - Level 10 JE (JR) Michael Scheiner - Level 10 JE (SR) Christopher Nogueira - Level 10 JE (SR) Cayman Weissman - Level 10 JN (JR) Britton Mace Edelin - Level 10 JN (SR) Zachary Apatoff - Level 10 JN (SR) Jonathan Menuey - Level 10 JN (SR)	Rylan Shanmugam - Level 5
<b><u>G-Force</u></b>	<b><u>Gymstrada</u></b>
Nolan Kennedy - Level 4 John Bartenhagen - Level 5 Kepler Weissman - Level 6 Evan Copeland - Level 6	Issac Day - Level 3 Logan MacArthur - Level 4 Roman Risty - Level 4 Caleb Lumas - Level 4 AJ Hickman - Level 5 Logan Sarmiento - Level 6 Ryder Lee - Level 7 Kingston Nim - Level 9 JE Wyatt Hoffman - Level 9 JN Jack Partamian - Level 9 JN Jack Eaton - Level 10 JN (JR)
<b><u>Gym Quest</u></b>	<b><u>Williamsburg Gymnastics</u></b>
Gabe Simbulan - Level 3	Jeremy Willet - Level 6 Christopher Stensland - Level 9 JN Eli Osuna - Level 10 JE (SR)
<b><u>World Class</u></b>	
Jordan Hill - Level 3	