

Region 8 Pre Elite & TOPS clinic
Elite Testing Competition
Dec. 19-21, 2008
American Twisters
Fort Lauderdale, FL

All athletes, coaches, and judges interested in the Elite and/or TOPS program mark this weekend on your calendar **NOW!** You are invited to attend and participate in this years Region 8 elite/TOPS clinic/competition. This year we will be offering three different tracks at the clinic, along with an Elite testing.

Track #1- This will be for current elite, pre elite or hope's division athletes. The focus will be on developing optional skills needed to be competitive at this level.

Track #2- This will be for athletes interested in learning the elite compulsories for future testing. *Coaches, note the compulsories are comprised of basics that can be used at ANY level!

Track #3- This will be for athletes ages 6-10 interested in the TOPS program. Concentration will be on TOPS skills as well as the current physical abilities tests.

EVERYONE attending the clinic will learn the USA National Team warm-up used at all training camps. This is an all-inclusive warm-up that can be used for ALL team levels!

The staff will include at least one National Team coach along with several regional elite level coaches, regional judges, the newly appointed regional Elite Chairman, Kelly Pitzen and the National Pre Elite Committee Chairman, Gary Anderson.

This will be an educational opportunity for athletes, coaches and judges. It will be a "hands on" working/participation clinic for all athletes attending. If you are interested in the testing or the clinic, please email me with a tentative number of athletes you would like to bring along with the tracks you would be interested in. This is essential in order to plan and adequately staff for a successful low instructor/student ratio. If you have any questions please contact Kelly at Kpitzen@gmail.com

Sincerely,
Kelly Pitzen
Region 8 Pre Elite Chairman

Tentative Schedule:

Friday, Dec. 19

- Elite Compulsory Testing

This is a great opportunity to take, or simply come and watch the compulsories being done in a competitive situation

- Parent and coaches lecture on the "Elite/PreElite/Tops Programs" following the testing.

Saturday, Dec. 20

- Full day of instructional rotations with "tracks" for those wanting to learn the compulsories, those working in the TOPS program (both skills and testing) and optional skill development toward the "new code".
- Judges to help with the evaluation and construction of routines under the "new code" for all divisions of Elite (international, pre elite and hopes)

Sunday, Dec. 21

- Rotations up until 2:00 PM to allow participants an opportunity to return home the same day.

(Please fill this out and cut and paste this on an email and send it back to me)

VERY IMPORTANT

In order to adequately plan for staff, it is essential I have some idea of the numbers that will be participating. With this, I will have to LIMIT the enrollment to keep the teaching ratios to a level where the clinic is valuable to those participating. Please give me your best "guesstimate" (you will not be held to these numbers, just give me your best guess!) at this time:

- _____ number of athletes for elite testing
- _____ number of PreElite/Elite athletes for skill development
- _____ number of athletes attending to learn the Elite compulsories
- _____ number of 7 to 10 year olds attending for TOPS skills and drills
- _____ number of coaches planning on attending

Name of your gym club:

Club and/or personal email:

Club and personal phone: