

For the Gymnasts

Gymnasts who attend this clinic will get a chance to not only work with 3 National Coaches, but the opportunity to work on next level skills they have been begging to work. This clinic will focus on optional level skills and fundamental drills for advance optional skill work. The gymnast will have an opportunity to work on the skills they wish. By filling out the skill evaluation sheet, we will be placing the gymnasts in groups with similar wants and levels!



For the Coaches

Always wondered how to spot those upper level optional skills or need a few more drills to help finish the learning process? We are holding a Friday Hands-On Clinic for coaches to learn how to spot a variety of skills including, but not limited to, bar releases and upper level tumbling skills!



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South Florida Gymnastics

2012 Skills Camp & Coaching Clinic

June 15- June 17

Tentative Schedule

June 15- June 17

Friday - Coaches Clinic

2pm - 6pm

Saturday - Optional Skills Camp

Bars, Beam, Floor

9:00-9:30 Stretch

9:30-10:15 Rotation 1

10:15-11:00 Rotation 2

11:00-11:45 Rotation 3

11:45-12:45 Open Gym

* Lunch Break 12:45-2:15pm

Floor, Dance, Vault

2:15-2:45pm Stetch

2:45-3:30 Rotation 4

3:30-4:15 Rotation 5

4:15-5:00 Rotation 6

5:00- 5:30 Awards and Athlete Pickup

Sunday Compulsory Skills Camp

9:00-9:30 Stretch

9:30-10:00 Rotation 1

10:00-10:30 Rotation 2

10:30-11:00 Rotation 3

11:00-11:30 Rotation 4

*Lunch Break 11:30-12:30

12:30 - 2:00 Open Gym

(30 minute stations)

2:00pm Awards and Athlete Pickup

*SFG Booster Club will be providing lunch for all the campers and planning special activities. Campers will be able to leave with parents for lunch.

Cost

Optional Gymnast

Level 7 to 10

\$200.00

Compulsory Gymnast

Level 3 to 6

\$100.00

Coach: \$50.00 or **FREE** with 5 Gymnast

Gyms: Send 10 gymnast &
all coaches are **FREE**

The Coaches

Since opening Atlantic in 1994.

Tony Retrosi has qualified
hundreds of gymnasts to Level
10 Nationals and Level 9

Easterns. He has had a number
of Elite Level athletes and has
coached internationally at
Chunichi Cup (1997) and The
Tourni Combs La Ville in
France (2003, 2004, 2006).

Tony has Served as the Region
6 Elite Program Chairman and
the Vice Chair of the National
Elite Program Committee. In
2008, he was named NH Junior
Olympic Coach of the Year.

Steve & Sue Arkell

Steve and Sue Arkell have
been coaching together since
1989. Together their unique
combination of technical and
artistic talents provides a full
service competitive
gymnastics program,
designed to produce
successful athletes from level
4 to the elite athlete.

The Arkells have always been
active and believe strongly in
the USAG Gymnastics Level 4
- 10 Junior Olympic program
Steve and Sue are also
involved in the TOPS National
and the USAG National and
International Elite programs.
Steve is the TOPS Director for
Northern Florida.

Together, Steve and Sue have
received 7 Optional Coach of
the Year awards along with 2
Choreographer awards.

Their greatest
accomplishments are the 24
athletes who have been the
recipients of full collegiate
athletic scholarships to some
of the country's leading
Universities.

Tony Retrosi