

East Coast TEAMGYM Fall Clinic

HOSTED BY: BAY STATE GYMNASTICS ACADEMY

OCTOBER 11 4:30PM - 8:30PM

OCTOBER 12 9:30AM - 2:30PM

****PARTICIPATION BOTH DAYS REQUIRED****

This clinic is designed for both new and seasoned TeamGym athletes and coaches who are looking to grow their existing skills or get started learning about the competitive world of TeamGym.

This clinic will be collaboratively run by Denmark National TeamGym coaches Jakob & Mette Baunsgaard (who have been actively involved in European TeamGym for 30+ years) along with experienced TeamGym coaches from several U.S. east coast gyms. There will also be TeamGym judges on hand to answer any technical questions coaches may have.

All aspects of TeamGym will be covered, including dance skills, choreography, tumbling, vault, and mini-tramp. It will also incorporate conditioning, spotting technique tips, skill/shaping stations, fun team-building activities, and a video demonstration of European TeamGym.

* All athletes and coaches must have an active USA Gymnastics Athlete membership to participate. Athletes should be able to perform an unassisted back walkover. *

Jakob Baunsgaard

is a Physiotherapist specializing in Sports Injuries and Rehabilitation. He is the former Danish National head coach for TeamGym.

Mette Baunsgaard

is an active TeamGym coach & International TeamGym judge

REGISTRATION:

- Create Family Profile in BSGA Portal
- Register for East Coast TeamGym Clinic
- Process payment
- Provide Active USA Gymnastics Athlete Membership Number in the "QUESTIONS" pop-up prompt.

**\$180
PER ATHLETE**

(508) 996-2459

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This is a
USA
Gymnastics
sanctioned event.