

Spotting Techniques Workshop

Presented by Valerie Oudin



Workshop Description:

This workshop will explore spotting techniques for skills P2-P4 on Women's Floor, Beam and Bars.

Floor: RO-BH-back tuck, layout and layout half, Front tuck connected to RO, Front handspring front tuck, Connection of front handspring front tuck

Beam: Back handspring, Series of BH, Layout stepout, Back tuck, Front tuck, Side and front aerial, Round off back tuck dismount

Bars: Kip cast to handstand, Freehip, Flyaway dismount, Giant, Sole circle

Name _____ Phone _____

Address _____ City _____ PC _____

Club _____ Birth-Date ____/____/____ Email _____

Day Month Year

Location: Gymtastics Club
160, 7260 – 12 St SE
Calgary, AB

Course date: Saturday November 6, 2010

Schedule: 6:00 pm – 8:30 pm

Registration deadline October 29th 2010

Course Fees:

- \$35.00 for AGF Members (GST included)
- \$50.00 for Non Members (GST included)

√ **Please provide proof of Level 2 Women's technical gymnastics course**

TOTAL ENCLOSED: \$

Method of Payment:

- Cheque *(Please make cheques payable to Alberta Gymnastics)*
- Visa MasterCard

Card Number: _____ Expiry Date: _____

IMPORTANT NOTES:

- Notification of withdrawal from course must be received by AGF no later than 5 business days prior to start of course. Failure to send notification will result in forfeit of course registration fee.
- A \$25 late registration fee will apply to registrations received after the deadline.
- Participants will only be registered in the clinic after all forms and payments have been received.
- Questions? Contact Gina Peake at Alberta Gymnastics 1-800-665-1010

SEND REGISTRATION FORM TO:

Alberta Gymnastics Federation
#207 5800 2nd St SW
Calgary, AB T2H 0H2

P: (403) 259-5500 1-800-665-1010 F: (403) 259-5588