



*Illinois High School
Gymnastics Coaches Association, Inc.
www.ihsgca.org*

Boys' Gymnastics Winter Clinic - 2023

Date: Friday, December 1st, 2023

Where: United States Gymnastics Training Center
405 Enterprise Parkway
Lake Zurich, IL 60047

Clinic Fees (includes membership dues):

- Head Coaches: \$100 (\$35 w/o clinic)
- Asst. Coaches: \$100 (\$30 w/o clinic)
- Judges: \$100 (\$30 w/o clinic)
- Assoc. Member: \$100 (\$30 w/o clinic)

Methods of Payment (receipts upon request):

- Check (make payable to IHSGCA and please bring to the clinic)
- Zelle Payment - treasurer@ihsgca.org
- Cash

Schedule for Winter Clinic: (times are subject to change)

- o 8:00-8:30 - Breakfast & Check-in
- o 8:30-10:00 - Association Meeting
- o 10:00-11:00 - Rules Committee Presentation
- o 11:00-11:45- Lunch
- o 11:45-12:20 - Guest Speaker
- o 12:30-2:00 - Breakout Sessions

REGISTRATION INFORMATION

Please fill out one form per attendee.

Your Name	School (if applicable)	Position/Status

Email (that you want associated with IHSGCA)	Phone (primary contact)

Payment Amount	Payment Method



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2023 WINTER CLINIC ITINERARY

Check-in/Registration & Breakfast (8:00-8:30)

- Check-in and/or Register for the 2021 Winter Clinic
- Enjoy some coffee and morning treats

Morning Session (8:30-11:00) (in-person and virtual)

Association Meeting (8:30-10:00)

- Please refer to our Association Meeting Agenda

Rules Committee Presentation (10:00-11:00)

- An overview of the changes for this year
- The impact on the rules has on each level
- The impact that the new rules has on each event
- How routines would differ under these new rules
- What judges would be looking for

Afternoon Session (11:45-2:00) (in-person only)

Keynote Speaker (11:45-12:20)

Breakout Sessions

- Event-by-event rotation
- A look at 3 skills of varying difficulty at each