



*Illinois High School  
Gymnastics Coaches Association, Inc.*  
[www.ihsgca.org](http://www.ihsgca.org)

**Boys' Gymnastics Winter Clinic - 2024**

**Date:** Friday, December 13th, 2024

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

**Clinic Fees + Association Dues: Methods of Payment (receipts upon request):**

Head Coaches: \$100, Asst. Coaches: \$100, Judges: \$100, Assoc. Members: \$100

Dues if not attending Winter Clinic: Head Coaches-\$35, Asst Coaches, Judges, Members-\$30

Checks (make payable to IHSGCA), Checks can be mailed to: Alex Pajor, 847 N Wood St., Unit #2, Chicago, IL, 60622, Cash, or Zelle Payment - [treasurer@ihsgca.org](mailto:treasurer@ihsgca.org)

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

- 8:00-8:30 - Breakfast & Check-in
- 8:30-10:00 - Association Meeting
- 10:00-11:30 - Rules Committee Presentation
- 11:30-12:00 - Guest Speaker
- 12:00-1:30 - Breakout Sessions

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**REGISTRATION INFORMATION**

Please fill out one form per attendee.

<b>Your Name</b>	<b>School</b> (if applicable)	<b>Position/Status</b>

**Payment Method:**

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



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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 (10:00-11:30)**

- 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 (11:30-1:30) (in-person only)***

#### **Keynote Speaker (11:30-12:00)**

#### **Breakout Sessions**

- Event-by-event rotation
- A look at 3 skills of varying difficulty at each
- Effective Routine construction
- Judging practice
- Motivating athletes and getting them to “buy-in”