



COACH/CLINICIAN VOLUNTEER

First of all Thank you very much for volunteering your time and talents and sharing your ideas to improve Region 5 gymnastics. Because of you and your passion and dedication to the sport of gymnastics and Region 5, we have experienced more success over the past nearly 30 years than any other region and we want to keep it that way. It is a great feeling to be "feared" by other regions. We have a reputation of winning and want to keep it. We believe a huge contributing factor to our continued success lies in our training camps. At our camps the goal is to work together, share ideas, share techniques, and truly help each other out. The camps build team camaraderie within the Region. It is where coaches, judges and gymnasts come together to help each other make better gymnastics. This year again we look forward to seeing old and new faces at the camps. Many new clubs have had athletes qualify to Nationals and contribute to R5's success. We want to see all of you along with the regulars sharing and working together at the camps.

In talking about all our success, "We Can Be Even Better"! There is always room for improvement. Every volunteer needs to have a true desire to make an impact on the gymnasts and the coaches who come to learn more drills. **Lets "light a fire" at our camps that will burn through Nationals.** Coaches need to come prepared. There needs to be a lesson plan. Once the coaching staff is established and a head coach has been determined we will share the staff list with each volunteer coach. It is the head coach of each events responsibility to contact the other coach or coaches working with them on a particular event and give them an outline of the lesson plan they intend to use each day of camp. Egos aside coaches....work together. And remember this is not just about putting in your time because of a regional requirement, obligation, tradition or expectation. It is truly about making an impact in a very short amount of time.

The goal here is to get back to the original plan of sticking to the basics the first 2 days, looking for problem areas and addressing them with the gymnasts and give some helpful suggestions to their coaches that may have worked for you. Then we can "let it fly" on the final day. Coaches and clinicians need to understand the long term benefits attached to basics and that this is a task worth pursuing. Let's develop a real "passion for perfection".

Rotations in the past have been long and hard on the gymnasts who are not used to training long hours. We have decided to go to a format of seven 40 min. rotations. We need to be very efficient in getting started on the rotations exactly on time and rotating on time. The rotations are: Vault, Bars, Beam, Floor, Dance, Judge and the 7th rotation will be run as follows: Friday- FX Bar Drills and Shaping Drills, Saturday- Conditioning/Strength and Sunday- Flexibility Drills.

Here is a helpful guide for formulating lesson plans for each event.....

Region 5 committee meeting (June 2012) these drills were listed as "need to be our focus" at Training Camps.....

1. Vaulting
 - a. speed development
 - b. round off mechanics
 - c. board Techniques
 - d. rotational drills
 - e. blocking drills
 - f. uphill timers
 - g. post flight twist mechanics
2. Bars
 - a. kip casting excellence
 - b. swing efficiency and alignment
 - c. pirouetting
 - d. dismount amplitude
 - e. proper shapes
 - f. form and execution
3. Beam
 - a. range of motion on leaps and jumps
 - b. landing technique
 - c. back handspring efficiency
 - d. turn excellence
4. Tumbling
 - a. round off mechanics
 - b. back handspring speed and body tension
 - c. blocking and setting drills
 - d. up-hill tumbling timers
 - e. rotational drills
 - f. twisting and flipping mechanics
5. Floor Dance
 - a. leap technique
 - b. increasing range of motion
 - c. turn proficiency
 - d. presentation artistry

6. Conditioning

The coach doing this rotation needs to plan accordingly. If you need suggestions please contact me, I might be able to clarify our thoughts for you. We welcome your drills and ideas. We would like to come up with a list that could be passed down each year to the coach doing this rotation. Focus on **Friday** is Fx Bar drills mostly for pirouetting and grip changes, and Shaping drills for good gymnastics shape and great lines on bars. **Saturday** focus on strengthening specific areas of the body, especially core. **Sunday** focus is flexibility, specifically active flexibility.