

# Ohio Boys' Optional Clinic

## October 9-10, 2004

Where: Hocking Valley Gymnastics Center  
 810 Slocum St.  
 Lancaster, OH 43130  
 740.653.3547

When: Saturday, October 9 and Sunday, October 10  
 Gymnast arrival at 3:30 on Saturday  
 Gymnast departure at 5:00 on Sunday

Who: Level 8 to 10 Gymnasts

Cost: \$15.00 per gymnast

**Tentative Schedule:**

Saturday: 3:30 Arrival  
           4:00 Line-up and Information Presentation  
                   Warm-up  
                   Event Training (3 rotations)

Sunday: 9:00 Line-up  
                   Warm-up  
                   Event Training (3 rotations)

          12:00 Lunch Break (lunch not provided)

          1:30 Short warm-up  
                   Event Training (3 rotations)  
                   Open Training

          5:00 Final Line-up and Dismissal

**Housing:** Lodging will be provided free of charge to all gymnasts and their coaches on a first come-first serve basis. The housing is a dormitory-style cabin located about a mile from the gym at a local campground. The beds are bunk-beds and participants will have to provide their own linens and blanket. The cabins are equipped with a kitchen, fireplace, community room area, and separate bedrooms (each with 8 bunks). Breakfast will be available on Sunday for \$6.00. Hotels are also available as an alternative (at the participants' expense). Some recommendations are: Amerihost (740.654.5111); Best Western (740.653.3040); Holiday Inn Express (740.654.4445).

### 2004 Ohio Boys' Optional Clinic Registration Form

(Please fill out and fax to 740.653.2285 or e-mail to miserra@ohiolinks.com by 10/6/04)

Team \_\_\_\_\_ Coach(es) Attending \_\_\_\_\_

Gymnast	Level	Cabin?	Gymnast	Level	Cabin?
1.			7.		
2.			8.		

3.			9.		
4.			10.		
5.			11.		
6.			12.		