

Region 8 Pre Elite & TOPS Clinic
Elite Testing Competition
December 14 & 15th, 2007
In Orlando Florida

All athletes interested in the Elite or TOPS program are invited to attend the Region 8 clinic in December. Athletes between the ages of 6 – 11 years will work on optional TOPS skills as well as physical abilities. Pre Elite athletes(athletes 12 & up) will concentrate on optional skill work as well as receiving information on National camp agendas, expectations, warm ups & conditioning. In addition, during the athlete clinics we will offer a few lectures for coaches and parents about the Elite and TOPS program. **Coaches and parents with athletes in the clinic will be allowed to observe the clinic and attend lectures for no additional fee. (there will be a fee for anyone that wishes to attend/observe the clinic without athletes registered)**

National Staff member, **Tammy Biggs** will be our featured clinician and will be joined by Elite level coaches and judges

Hotel: We are excited to announce that our host hotel will be the **Disney Coronado Springs Resort on the Disney property**. Our group will receive a special rate of \$119.00 per night. Disney is also offering special ticket packages as well as free transportation to all Parks while you stay at the Coronado Springs. We encourage everyone to stay at the Coronado Springs and to take a few extra days to enjoy everything that Disney has to offer. To Book a room at the Coronado at this special rate, **call 407-939-1020** and tell them you are with Region 8 Gymnastics Clinic for the December 13 – 15th (the special room rate is also available if you wish to extend your stay or come early) Please reserve your rooms early

Site of Clinic: Orlando Metro Gymnastics (about 20 minutes from Disney)

Registration: Entry Form is in the Fall Region 8 Newsletter and on the Region 8 website or contact Toni Rand at AmTwist@aol.com for additional information.