



**SUNDSVALLS** jaktfalken  
**GYMNASTERNA**

# Invitation to Summer Clinic

4 July – 8 July 2022

Birstahov, Sundsvall  
Sweden

~ **Miles Avery** ~

4 time Olympic Coach  
2017 USAG Hall of Fame inductee Brevet Coach  
Coach to Olympic champion Paul Hamm

~ **Monica Avery** ~

Full-time elite level coach with a passion for gymnastics,  
of helping gymnasts follow their goals and  
help them reach towards their dreams

~ **Amy Maze** ~

Award winning dance teacher  
Full of energy and with a passion for dance and teaching it

~ **Rick Tybor** ~

Over 20 years coaching experience, Highly experienced in spotting  
Produced countless state champions in Arizona and Texas  
World Olympic Gymnastic Academy and Kurt Thomas Gymnastics

~ **Lauren Tybor, Chelsea Stableton** ~

Lauren is currently coaching recreational and competitive athletes at TIGA  
Chelsea is a former level 10 gymnast with Pre-Team to High level coaching experience

# Invitation to Summer Clinic WAG

**Clinic:** Sundsvallsgymnasterna Jaktfalken invites you to a clinic for WAG. There will be 5 days with training, teaching for the coaches and the opportunity of both seeing and learning from highly experienced coaches.

**Who can participate:** The clinic is open for 2 different levels:

1. Lower levels similar to level 2-4 in the Swedish WAG between 9am-1pm Monday-Friday.  
Gymnasts need to have at least one coach for every 1-5 gymnasts from their own gym.  
Limited amount to 24 gymnasts
2. Higher levels similar to level 5 or higher in Swedish WAG or FIG (junior and senior) between 9am-4pm Monday-Thursday and 9am-1.30pm Friday.  
Gymnasts can attend without coach from their own gym.  
Limited amount to 60 gymnasts.

**Both options will be held in English so for lower levels we recommend having someone with the gymnasts that can translate.**

**Coaches:** 4pm-5pm Monday, Tuesday, Thursday it will be Coaches Education.

You are welcome to attend as a coach even if you don't have any gymnasts with you.

If you have gymnasts attending, we recommend that you have at least 1 coach for every 1-5 gymnasts for lower levels.

**Place:** Birstahov, Birstavagen 4, Sundsvall SWEDEN

**Date and time:** Monday 4<sup>th</sup> July – Friday 8<sup>th</sup> July 2022.  
We will start 9.00 am on Monday and end at 1.30pm on Friday.

**Cost:** 2000 SEK per gymnast for level 2-4, the fee includes clinic, lunch 5 days, fruit each day and a gift.

4100 SEK per gymnast for level 5 and higher, the fee includes clinic, lunch 5 days, dinner 3 days, fruit two times each day, activity outside the gym one afternoon and a gift.

1500 SEK per Coach, the fee includes education, food, fruit and a gift.

8 gymnasts = 1 coach for free!

**Early Registration before 28<sup>th</sup> of February will give a 300 SEK discount/gymnast.**

You can attend as a gymnast without a coach from your own gym if you are a level 5 or higher or as a coach without any gymnast from your own gym.

**Accommodation:** We suggest Scandic Nord, which is the closest hotel. We are currently trying to negotiate a good deal for gymnasts that will attend this clinic.  
For 150 SEK/person and night you can stay at our gym. (Breakfast is not included and you sleep on gym mattresses) Maximum of 25 person/ night. Contact Annelie for more information or booking.

**Registration:** Registration through link below:

[Click here to get to registration](#)

Name and level of gymnast, name of coach and level on license  
We want you to register if you have any allergies or food preferences such as vegetarian/no pork etc. and size on T-shirt.

**Last day of registration:** **22th May 2022**

**Registration is binding.**  
but for guaranteed place in the clinic, we recommend early registration due to limit in how many that can attend.

**Payment:** Bill will be sent out after registration. Registration is binding. You require a medical certificate for the fee to be repaid. The bill have to be paid in full before the clinic begins.  
**After 1<sup>th</sup> June no fee will be repaid even with medical certificate.**

**Questions:** Annelie Zakrisson +46 70-2208982 or email  
[annelie@sundsvallsgymnasterna.se](mailto:annelie@sundsvallsgymnasterna.se)

Welcome to Sundsvall and  
to a fantastic week with gymnastics  
and a lot of fun



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