



Strength, flexibility, Body awareness and Artistry clinic for gymnasts

- Where:** Sunrise Gymnastics
654 Granger Road Berlin. Barre VT 05641
- When:** Saturday, June 4, 2011 from 3:00 p.m. – 6:00 p.m.
- Lectors:** **Stanislav Mikulas, PhD**
Graduated from Faculty of Physical Education and Sport Comenius University, Bratislava, Slovakia.
Gymnastics coach with 38-years coaching experience
- Jana Welters**
Originally from Czech Republic
Czech National Level Rhythmic Gymnast for 8 years
12 years of ballet, jazz and modern dance
Team coach at Sunrise Gymnastics
- Who should attend?** Team and Pre-Team gymnast
- Cost:** **\$40 per individual gymnast**
\$30 per gymnast if part of the group at least 5 from the same gymnastics club
- How to Register:** Mail **registration form, waiver and check** to:
Sunrise Gymnastics
654 Granger Rd Ste # 2
Barre, VT 05641
- Deadline to Register:** 2011 May 27
On site registration is available if approved by phone by June 3 for a fee of \$50
- What to bring:** Leotard, grips and everything you need for practice
Snack, water bottle
- Questions:** 802-223-0517 stano@sunrisegym.com