

Problem Solving Clinic / Cooperative Workout

Saturday, June 24 from 9:00 AM to Noon
Scamps Gymnastics

In an ongoing effort to further the continuing education of Wisconsin gymnastics coaches and professional membership, the state committee is presenting a series of camps, clinics and other learning opportunities. A broad spectrum of topics has been discussed as areas of need to move Wisconsin forward and even more competitive at the regional and national levels.

One way to maximize our abilities to improve as coaches, and therefore improve our gymnasts, is to work together in a series of **cooperative** learning clinics. The format of these clinics is to gather as many of our membership as possible at any of our gyms and train together cooperatively. Thus, sharing ideas and benefiting from each coach's strengths. To get a program like this started I am proposing and inviting the membership to a cooperative clinic at Scamps Gymnastics in Kenosha on Saturday, June 24 from 9:00 AM to Noon.

The theme for this clinic will be problem solving. We will be working together to identify skill issues and what can be done to fix those. We will identify what skills progressions were used, what drills were used and what new ones or different ones can help remedy the current problem.

Coaches are encouraged to share ideas for other cooperative clinics and clubs are also encouraged to share their facilities so that this type of workout can be anywhere not just a few clubs. Another clinic for compulsory levels could be established later.

It is important that both coach and gymnasts be in attendance. Just sending gymnasts without a coach will not be permitted. The gymnasts may be of any age but should be of level 6-10 for this clinic. Gymnasts struggling with a specific skill or combination are the target for this clinic. Coaches will share in the problem-solving strategies to assist in the gymnast's progress. Coaches should be prepared to both assist and be assisted with this format. The cost for this clinic is **\$10** per gymnast. Registration is through the online meet reservation system. Checks should be made payable to: **USAG Wisconsin** and mailed to Scamps Gymnastics, 5711 77th St., Kenosha, WI 53142.

An exact rotation schedule will be established once we have an estimate of the number of attendees. A general stretch together will take place at the beginning of the clinic. After the general stretch, we will begin identifying skill issues, share ideas, then allow the gymnasts time to develop the skill or drill progression. Depending on numbers, and skill set issues we will have gymnasts on each of the four events at the same time. Coaches can ask questions and are also expected to have input. Remember all these gymnasts are Wisconsin gymnasts and we are all better when even one of our gymnasts gets better. This is a cooperative clinic with hands on training so let's cooperate.

If interested in participating in this first cooperative clinic please register using the online meet reservation system at <https://usagym.org>. To assist in organizing this clinic, please also e-mail a list of specific skills to GymratJay13@aol.com and Jay Murphy will distribute the list of skills to attending coaches. The list of skills will be distributed to attendees about one week before the clinic via e-mail. Thank you for your time and consideration in moving Wisconsin forward.

