



# Chi- Tech Training Clinic at DuPage Cheer & Power Tumbling

Join us for our premier training clinic where we collaborate with world-class coaches to build your skills and enhance your training. This is going to be a collaborative workshop, divided by ability for a Saturday and then Sunday clinics, where each athlete will get to fine tune their skills, work to their highest ability while having fun with coaches from across the country who know what they are talking about and above all, truly care about the sport of tumbling and trampoline.

## Saturday September 16th - Sub-Advanced - Advanced

10am - 5:30pm \$100/athlete

## Sunday September 17th - Beginner - Intermediate

10am - 4:30pm \$100/athlete

Each clinic fee includes lunch for the athletes  
Athletes are responsible for their own accommodations.

See attached for schedule & registration form.

All registrations and payment must be mailed to DCA by September 6th. Each day has a max number of athletes that can attend so get your registration form in early!

You won't want to miss this clinic- something for everyone with an amazing coaching staff whose collective energy and group synergy is OFF THE CHARTS!

### Clinicians:

Steve Chan - MaxAir Trampolines, MI

Jim Dowling - Head Coach, Jump TNT, GA

Richard Mousir - Head Coach, Gymnastics Central, OH

Deb DeLancey - Head Coach, Gymnastics Divine, IL

Guy Merker - Head Coach & Owner DuPage Competitive Allstars

This clinic is sanctioned by USTA and all athletes must have a USTA 2017-2018 membership.



# Chi-Tech Training Clinic Schedule & Registration

(tentative schedule. Subject to change)

## Saturday September 16th

### Sub-Adv+ Adv

9:00 - gym opens/check in  
10:00 - welcome & warm ups  
10:15 - 11:00 - ROTATION 1  
11:00 - 11:00 - ROTATION 2  
11:45- 12:30 - ROTATION 3  
12:30 - 1:30 - LUNCH/MENTAL WARRIOR  
PRESENTATION  
1:30 - 1:45 - warm ups  
1:45- 2:30 - ROTATION 4  
2:30 - 3:15 - ROTATION 5  
3:15 - 4:00 - ROTATION 6  
4:00 - 4:45 - open work out  
4:45 - 5:15 - New Skill Demo  
5:15 - 5:30 - Coaches Choice Awards  
5:30 - athletes dismissed/pick up

## Sunday September 17th

### Beg + Nov + Int

9:00 - gym opens/check in  
9:45 - welcome & warm ups  
10:00 - 10:40 - ROTATION 1  
10:40 - 11:20 - ROTATION 2  
11:20- 12:00 - ROTATION 3  
12:00 - 1:00 - LUNCH/MENTAL WARRIOR  
PRESENTATION  
1:00-1:15 - warm ups  
1:15- 1:55 - ROTATION 4  
1:55 - 2:35 - ROTATION 5  
2:35 -3:15 - ROTATION 6  
3:15 - 3:45 - open work out  
3:45- 4:15 - New Skill Demo  
4:15-4:30 - Coaches Choice Awards  
4:30 - athletes dismissed/pick up

### Registration Information:

Athlete Name: \_\_\_\_\_ D.O.B. \_\_\_\_\_ Age: \_\_\_\_\_

Street Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Mother's Name: \_\_\_\_\_ Mother's Cell: \_\_\_\_\_

Father's Name: \_\_\_\_\_ Father's Cell: \_\_\_\_\_

Email: \_\_\_\_\_ Gym Name: \_\_\_\_\_

### Medical Information:

Insurance Company: \_\_\_\_\_ Policy Number: \_\_\_\_\_

Medical conditions, past injuries and present injuries Please state: \_\_\_\_\_

*See next page for continued registration and payment information.*

## Levels & Events for the 2017-2018 Season:

Tumbling: \_\_\_\_\_ Trampoline: \_\_\_\_\_ Double-Mini: \_\_\_\_\_

Skills I am currently working on or have on each event:

Tumbling: \_\_\_\_\_

Trampoline: \_\_\_\_\_

Double-Mini: \_\_\_\_\_

## Participation Date & Payment Info:

\_\_\_\_\_ Saturday September 16th for the Sub-Adv+ Adv Clinic @ \$100/athlete

\_\_\_\_\_ Sunday September 17th for the Beginner + Novice + Intermediate Clinic @ \$100/athlete

*Please make checks payable to DuPage Cheer & Power Tumbling. Registration form & payment due by September 6th.*

## Location & Contact:

*Mail registration form and payment to:*

DuPage Cheer & Power Tumbling

26W251 St. Charles Road, Carol Stream IL 60188

The gym is located at the SW corner of Pleasant Hill & St. Charles Roads, 1 block south of North Ave.

630-588-9000 [coach@dupagetumbling.com](mailto:coach@dupagetumbling.com) [www.dupagetumbling.com](http://www.dupagetumbling.com)

## Online Waiver:

Please visit our website at [www.dupagetumbling.com](http://www.dupagetumbling.com) and go to FORMS where you will be able to fill out an online waiver. If you prefer, you can print a waiver from the same page and include with registration form and payment. Every athlete must complete a waiver in order to participate.

## Accommodations:

A room block has been set up at the Holiday Inn & Suites, 150 S. Gary Ave in Carol Stream which is a 3 minute drive from the gym. The hotel has a pool, a restaurant and bar and nice sized rooms. The special rate is \$99 for single or double beds and \$119 for suite. Use the group code DUPAGE CHEER/CHI TECH and rooms will be held until August 29th. Please call 630-665-5000.

**Please mail registration forms and payment**

(checks written to DuPage Cheer & Power Tumbling) **no later than September 6th.**

**You can scan and email registration form to [coach@dupagetumbling.com](mailto:coach@dupagetumbling.com) and can pay over the phone with a credit card by calling 630-588-9000**

(5% service fee added for credit cards payments)