

**New Compulsory Workshop**

**Levels 1 - 5**

When: August 6 – 8, 2021

Where: Turnstone Center

3320 N. Clinton St.

Ft. Wayne, IN 46805

Registration Fee: $50.00 per USA Gym Professional Member

Maximum Registrations: 300

Register at: USA Gym Online Registration - Sanction #78430

Payable to: Check – Region 5 USA Gymnastics

105 Woodland Lane

Carmel, IN 46032

Credit Card – Call Dave Stiles with CC# 317-504-8281

Clinicians: Brad Harris, Tampa Bay Turners – VT and UPB

Kittia Carpenter, Buckeye Gymnastics – FX

Christy Mann Hendrix, Capital Gymnastics – BB

Cheryl Jarrett, Capital Gymnastics – BB (Tentative)

**Schedule**

Friday, August 6, 2021

08:30 – 09:30 Registration Check-in

09:30 – 12:30 Level 5 Floor Dance – Kittia Carpenter

12:30 – 02:00 Lunch Break

02:00 – 04:00 Level 4 Floor Dance – Kittia Carpenter

04:00 – 04:15 Break

04:15 – 05:15 Level 2 and 3 Floor Dance – Kittia Carpenter

05:15 - Dinner

07:00 – 08:30 Open Practice

Saturday, August 7, 2021

08:30 – 10:30 Level 5 Beam – Christy Mann-Hendrix

10:30 – 10:45 Break

10:45 – 12:15 Level 4 Beam – Christy Mann-Hendrix

12:15 – 01:45 Lunch Break

01:45 – 02:45 Level 3 Beam – Christy Mann-Hendrix

02:45 – 03:45 Level 1 & 2 Beam – Christy Mann-Hendrix

03:45 – 04:00 Break

04:00 – 05:30 All Vault – Brad Harris

Sunday, August 8, 2021

08:30 – 10:00 Level 4 & 5 Bars – Brad Harris

10:00 – 11:00 Level 1, 2, & 3 Bars – Brad Harris

11:00 – 12:00 Q & A – Kittia Carpenter & Brad Harris

**Clinician Bio’s**

**Brad Harris**

Brad Harris is the head-coach and owner of the Tampa Bay Turners Gymnastics and Swimming Academy in St. Petersburg, Florida. As the Head Coach of the Turners, Brad has become well known both regionally and nationally for qualifying over 200 athletes to the J.O. National Championships since 1993, including numerous Regional and National Champions. In addition, Brad has been the coach of 10 Junior Olympic National Team Members, 5 athletes with original skills named for them and over 30 scholarship recipients - 4 of which went on to become NCAA All-Americans. Brad has been an involved clinician at events such as Region 1, 4, 6, 7 & 8 Congress’, GAT & the 2000 - 2019 National Congress’. He has also been published in USA Gymnastics magazine and has had several of his previous lectures recorded for the U.S. Elite Coaches Assoc. video club. Brad is also highly honored to be the current Region 8 DP Committee Chairman, a member of the Region 8 Hall of Fame and the 2011 National JO National Coach of the Year.

**Christy Mann Hendrix**

Christy Hendrix has been involved with the sport of gymnastics for most of her life! She was a competitive gymnast for Capital Gymnastics in Austin, Texas for 10 years. Christy went on to compete as a scholarship college gymnast at Auburn University. She has coached preschool recreational programs as well as Xcel and Developmental Program Athletes. She is also a parent of two competitive gymnasts! Most recently, she trained and coached the three gymnasts who were asked to perform the new 2021-2029 Compulsory Beam Routines for the USA Gymnastics filming. Christy has a degree in Early Childhood Education from the University of Texas. She taught elementary age students for 7 years before becoming a full-time Mom. She lives in Round Rock, Texas with her husband, Byron, their two daughters, Kinsey and Kaylee, their dog, Ranger and the girls’ bunny, Bo. Christy will be attending the USA Gymnastics Master Compulsory Workshop and is looking forward to teaching the new beam and floor routines to gymnasts all over the country!

**Kittia Carpenter**

Carpenter is the team director and head coach at Buckeye Gymnastics in Westerville, Ohio, where she has guided numerous U.S. National Team members including gold medal winners at the World Championships, American Cup and Olympic Games. As a FIG Brevet judge, she has judged at the top elite events in the country including the U.S. Championships and World Team Trials. Carpenter is currently the Region 5 Developmental Program Committee Chair for USA Gymnastics. She was an elite gymnast herself and attended Arizona State University on a full athletic scholarship.

The 2021-2028 New Compulsories have been created through the National DP committee.  Kittia has worked on proofing of text and deductions along with our entire DP committee and Technical committee.  She was tasked with the responsibility of teaching demonstrators to learn these routines to be videoed for all of us to use as reference.  The committee hopes you enjoy the options that the new compulsories allow to use how you feel best for your athletes.

**Accommodations**

Holiday Inn Purdue Fort Wayne

4111 Paul Schaffer Drive

Fort Wayne, IN 46825

Double Queen (Non-Smoking) $99.00 + Local and State Tax

Cut-off Date: July 16, 2021

Block Code:

[https://www.holidayinn.com/redirect?path=rates&brandCode=HI&localeCode=en&regionCode=1&hotelCode=FWAYN&checkInDate=05&checkInMonthYear=072021&checkOutDate=08&checkOutMonthYear=072021&\_PMID=99801505&GPC=RFP&cn=no&viewfullsite=true](about:blank)