

Tumbling Clinic Opportunity with Samantha Palmer

Eastside Activity Centre, Tuesday, 25 October 2011

This is an opportunity your club should not miss, even if you don't have a tumbling program in your gym, this clinic would be an advantage to your gymnastics program.

We are currently seeking expressions of interest from participants for the proposed tumble clinic, to be held in early December at Eastside Activity Centre in Rokeby.

This clinic will be open to coaches and athletes, gymnasts and tumblers, male and female.

Samantha has coached at Sydney's Northern Beaches Gymnastics club and now works for Gymnastics NSW. Gymnastics NSW is actively working toward increasing interest and boosting participation in the sport of tumbling in Australia. This will be a sanctioned clinic.

The clinic will be held on Sat 3rd Dec

Venue: Eastside activity centre, Rokeby

Time : 9.00-4.30 for coaches (or can be 10 to 5,30 if better for people travelling form the North)
1.30-4.30 for athletes

Run by: European and world champion Samantha Palmer

Preliminary program:

1. strength specific exercises
2. basics
3. round off and flip reps
4. level 4 up skills
5. question and answer session
6. coaches and athletes

Cost: \$40 for coaches for full day, \$ 25 for athletes for 3 hr coaching session

RSVP: by Fri 11th Nov a deposit will be due by Fri the 18th November by calling 62477399 or emailing fcharvey@bigpond.net.au

Discount: Clubs enrolling 2 or more coaches \$ 35 per coach, Clubs enrolling 5 or more athletes \$ 25 discount (equates to one free athlete)

Who is Samantha Palmer?

Samantha Palmer moved to Australia from Great Britain in 2009 after a competitive career in Tumbling, Samantha competed for Great Britain for 9 years, and attended her first World Championships on 1999. Throughout her career she won 3 World Championships, 2 European Championships and 4 World Cups. Samantha experienced a glitch in her career in 2004 snapping her anterior cruciate ligament and under-going a knee reconstruction, after 18 months of rehab Samantha was back into competition! Prior to tumbling she was an Elite Artistic Gymnast and a member of the Great Britain National Squad.

Your prompt response would be greatly appreciated to allow for program time table to be developed and costing to be worked out. Please respond by Oct 28th, with number of coaches and gymnasts and include level of skill currently achieved, to Felicity Harvey at EAC Phone 62477399 or email fcharvey@bigpond.net.au

Other Links

[Tumbling Clinic Registration Form](#)