



Upstate New York Clinic / NYA Benefit Clinic 2024

New York State Men's Gymnastics will be hosting their annual Upstate New York Clinic for coaches and gymnasts on Sunday, October 13th at Bright Raven Gymnastics West in Rochester, NY. Again this year, the proceeds from this clinic will go directly to support the New York Alliance Men's Team.

Date: Sunday, October 13th, 2024

Venue: Bright Raven Gymnastics West, 12 Pixley Industrial Pkwy, Rochester, NY 14624

Levels: Men's Levels 3-10, Junior Club Track, Junior Elite – Must be valid USAG Athlete Members

Schedule: The final clinic schedule will be emailed to all participating clubs by October 1st. There will be training on all six men's apparatus and trampoline.

Entry Fee: \$50 - All coach and athlete registrations will be made on the USAG Meet Reservation System. Coaches are encouraged to attend as this is an educational clinic. Payments will need to be made with a check made out to "**Alliance Gymnastics**" and mailed to **Alliance Gymnastics, 1928 Lehigh Station Rd, Henrietta, NY 14467**.

Entry Deadline: September 30th, 2024 or until full.

Meals: *All gymnasts will need to bring their own food.* There will be a 30 minute lunch/dinner break in the middle of each clinic session. Gymnasts should also bring a water bottle. Meals will be provided for all coaches.

Awards: Coaches will recognize outstanding gymnasts with special prizes at the end of the clinic.

Clinic Director:

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