

Parquette National Gymnastics Training Center
401 Martin Luther King Jr, Dr.
Allentown, PA 18102

NON-PROFIT ORG.
U.S POSTAGE
PAID
LEHIGH VALLEY, PA
PERMIT NO.174

PARQUETTES
2017
HOLIDAY CLINIC



WHEN: Wed.
December 27, 2017
9:00 am - 4:00 pm

WHERE:

Parquettes National
Gymnastics
Training Center
401 Martin Luther King Jr. Drive
Allentown, PA 18102



(610 433-0011
www.parquettes.com

Parquettes 2017 Holiday Gymnastics Clinic Registration and Release Form

****PLEASE PHOTOCOPY YOUR INSURANCE CARD & ATTACH TO THIS FORM **ALL PARTICIPANTS MUST HAVE THEIR OWN INSURANCE****

Name _____
Email: _____
Address _____
City _____ State _____ Zip _____
Phone _____ EmergencyPhone _____
Age(gymnast only) _____ School/Club _____ Level _____

We accept check, online payment or credit card

***-Make check payable to Parquettes -Pay online through paypal -Call to make Visa, Mastercard AmEx or Discover payment-
Release form: I hereby for myself, my children, adopted or otherwise, my heirs, and executors, waive and release any and all rights and
claims against the Parquettes, their agents or representatives, for any injury or damages that may be suffered by me, my child, adopted or
otherwise in connection with my association or entry in gymnastics or other activities sponsored by the Parquettes National Gymnastics
Training Center.***

Gymnast's Signature

Father's & Mother's signatures'

Insurance Company Name

Date of Last Physical

PolicyNumber

Feel free to photocopy and distribute this application form.

The 2017 PARKETTES HOLIDAY CLINIC is a 1-day clinic designed to teach gymnasts the fundamentals of basic & advanced gymnastics while also meeting the needs of each individual gymnast.

Drop the gymnasts off at Parkettes on **December 27th, 2017 at 8:30am** to Celebrate the holidays with one of America's most experienced coaching staff in a one-day clinic for coaches and gymnasts from Beginner to the Elite level

Clinic Schedule

8:30am- 9:00am

Registration

9:00am- 9:20am

Warm Up & Stretch

9:20am- Noon

***3 Rotations**

Vault, Bars, Beam

Noon- 12:45pm

Lunch (Bring a Lunch)

12:45 pm- 1:00pm

Warm Up & Stretch

1:00pm- 3:45pm

***3 Rotations**

3:45pm- 4:00pm

Conditioning

***6 rotations include vault, bars, beam, tumbling, tramp, dance**

Our staff has been together over 40+ years under the direction of Olympic coaches, Bill & Donna Strauss. At this holiday clinic, you will receive instruction from our coaching staff of 30 with 385 years of total coaching experience. The **Experienced staff** will provide insight to the technique & progression of skills, and the mental approach for a successful performance.

We're looking forward to working with you!

Cost

Gymnasts: \$100.00

- Early Registration \$10.00 off (\$90.00) if received by December 1

Coaches: \$55.00

- Coaches are free with 5 or more gymnasts

THE DAY OF THE HOLIDAY CLINIC ONE FREE TICKET TO ATTEND THE PARKETTES INVITATIONAL WILL BE GIVEN TO EACH GYMNAST, PLUS A \$25.00 GIFT CERTIFICATE TOWARD ONE WEEK OF PARKETTES GYMNASTICS SUMMER CAMP.

EASY WAYS TO SIGN UP

- **CALL:** (610) 433-0011
- **E-MAIL:** parkets@aol.com
- **ONLINE:** www.parkettes.com
- **STOP BY OUR OFFICE:** 401 Martin Luther King Jr. Drive Allentown, PA 18102
- **MAIL IN THE ATTACHED REGISTRATION FORM**



Parkettes Gymnastics is hosting two premier events coming up after the New Year! Mark these dates on your calendar, you don't want to miss out!



The 19th Annual Brian Babcock Invitational

January 26-28, 2018

The 44th Annual Parkettes Invitational

February 2-4, 2018

