



**Benefits the
WSGCA - help
send our seniors
to Nationals!
Earn dock hours!**

Sunday, November 15th 9:00-4:15

Seattle Pacific University

Royal Brougham Pavilion
3414 3rd Ave W Seattle WA 98119

Free parking available in parking lots across 3rd from gym, across Nickerson from gym, and on street

Clinicians Include

- UW Head Coach **Joanne Bowers**
- SPU Assistant Coach and former UW gymnast **Carly Dockendorf-Ruggiero** - Strength training & conditioning
- Judge **Kathy Crawford**
- Athletic Trainer **Loka Murphy** - Injury prevention & rehab for common gymnastics injuries
- Holy Names Academy coach **Donny Gallegos** - Hands on sessions

2015-16 WSGCA Coaches Clinic

**Cost: \$40 WSGCA members
\$60 non-members**

**Make checks or POs payable to
WSGCA**

**Mail to:
WSGCA
c/o Stephanie Gundel
2207 Thorndyke Ave W
Seattle, WA 98199**

**Mail in or bring for day-of
registration**

- Judge & Newport HS coach **Melissa Baker** - How to get the most from routine construction
- WA State Technical Director **Dean Ratliff** - Rules refresher/update
- Plus more hands on sessions!

Seahawks social (no host) after at the
Nickerson Street Saloon