

Registration Form

Please complete both sides of this form.

Please mark your selected clinic dates

(X)	Date	Topic	Price
	10/1/11	Basic Shapes for Developing Skills & Beyond	\$25
	11/5/11	Physical Prep for Beg Levels	\$25
	12/3/11	Teaching & Developing the Handstand	\$25
	1/14/12	How to Make Bars Fun!	\$25
	2/25/12	Beam Confidence	\$25
	3/10/12	Developing a 'Useful' Cartwheel	\$25
	4/7/12	Beginning the Back Handspring	\$25
	5/5/12	Vaulting Skills & Drills	\$25
	6/9/12	Biomechanics for Beginners	\$25
Total Due			

Method of Payment:

- Check
- Visa
- Mastercard
- Discover

You can also register online at:
www.aplusingymnastics.com

Credit Card # _____ Exp. date _____

CVV Code _____ Signature _____

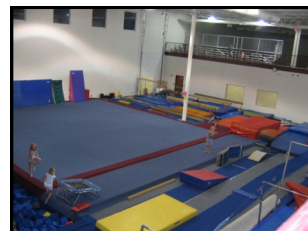
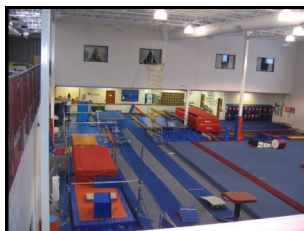
Detach and mail with non-refundable payment to:

A Plus Gymnastics Center
 Attn: Fergus Beedham
 9625 E 150th St Suite 104
 Noblesville, IN 46060

You may also fax or email your information.

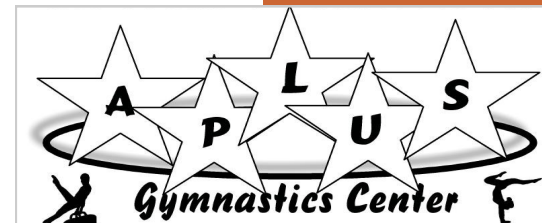
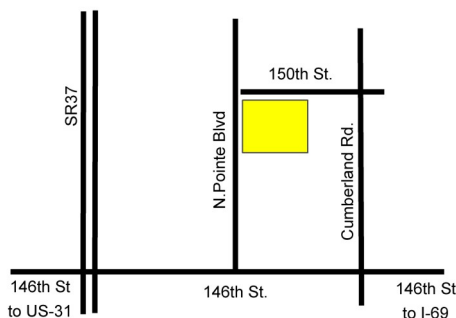


Hamilton County Sports Complex



A Plus Gymnastics Center / Hamilton County Sports Complex
 9625 E 150th St Suite 104
 Noblesville IN 46060

Phone: 317-773-7266
 Fax: 317-773-8966
 Web: www.aplusingymnastics.com
 E-mail: customerservice@aplusingymnastics.com



**Coaching
 Education
 Clinics**

at A Plus Gymnastics
 Center



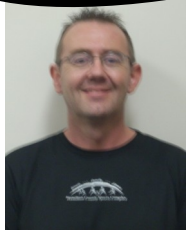
WHAT: Coaching Education Clinics

WHEN: October 1, 2011
November 5, 2011
December 3, 2011
January 14, 2012
February 25, 2012
March 10, 2012
April 7, 2012
May 5, 2012
June 9, 2012

TIME: 11:00am - 1:00pm

COST: \$25 per coach

Fergus Beedham



Fergus Beedham is a coach from Great Britain with more than twenty five years of experience coaching all levels of gymnastics, from pre-school and recreational up to Olympic and World Championship level gymnasts.

He is a former National Team Coach for Belgium and USAG National Staff Member. Fergus spent many years involved in coach education & tutoring. In Great Britain he was a coach, tutor and educator for British gymnastics and in the United States has helped run spotting clinics for USAG.

QUALIFICATIONS

- International Performance Coach (Great Britain)
- Bachelor of Education degree majoring in Biomechanics

COACHING EDUCATION PROGRAM

A Plus Gymnastics is pleased to announce a new Coaching Education Program designed to help coaches develop their knowledge of core gymnastics elements and progressions and proper spotting techniques for these elements.



Clinics will be facilitated and led by Fergus Beedham and will incorporate a number of guest coaches and judges.

CLINIC TOPICS

- ⇒ BASIC SHAPES FOR DEVELOPING SKILLS AND BEYOND
- ⇒ PHYSICAL PREPARATION FOR BEGINNER LEVELS
- ⇒ TEACHING AND DEVELOPING THE HANDSTAND
- ⇒ HOW TO MAKE BARS FUN!
- ⇒ BEAM CONFIDENCE
- ⇒ DEVELOPING A 'USEFUL' CARTWHEEL
- ⇒ BEGINNING THE BACK HANDSPRING
- ⇒ VAULTING SKILLS AND DRILLS
- ⇒ BIOMECHANICS FOR BEGINNERS

Registration Form

Please complete both sides of this form.

Participant Name	Date	
Street Address		
City	State	Zip Code
Home Phone	Cell Phone	
Email		
Gym Name		
Street Address		
City	State	Zip Code
Gym Phone	Levels Coached / # years coaching	

WAIVER OF LIABILITY and CONSENT

In consideration of participating in activities at A Plus Gymnastics Center, Inc and Hamilton County Sports Complex, I understand the nature of this Activity and my experience and capabilities and believe I am qualified to participate in such Activity. I fully understand that this Activity involves risks of serious bodily injury, including permanent disability and paralysis, which cannot be eliminated by the use of due care by coaches, staff or the participants. Furthermore, I understand that there may be other risks either not known to me or not readily foreseeable at this time; and I fully accept and assume all such risks and all responsibility for losses, cost, and damages I incur as a result of my participation in this Activity.

I hereby Release, discharge, covenant not to sue and AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS A Plus Gymnastics Center, Inc and NFCC, LLC (DBA- Hamilton County Sports Complex), it's respective administrators, directors, agents, officers, volunteers, and employees, other participants, any sponsors, advertisers, and, if applicable, owners and lessors of premises on which the Activity takes place, (each considered on of the "Releasees" herein) from all liability, claims, demands, losses or damages on the minor's account caused or alleged to have been caused in whole or in part by the negligence of the Releasees or otherwise, including negligent rescue operations, and further agree that if, despite this release, I, or anyone on my behalf makes a claim against any of the above Releasees, I WILL INDEMNIFY, SAVE AND HOLD HARMLESS each of the Releasees from any litigation expenses, attorney fees, loss liability, damage, or costs which may incur as the result of such claim.

I have read the WAIVER OF LIABILITY and CONSENT, understand that I have given up substantial rights by signing it and have signed it freely and without any inducement of assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of this agreement is held to be invalid the balance, notwithstanding, shall continue in full force and effect.

Participant Signature

Date