



# 2023 SoCal Compulsory & Future Stars Clinic

Thank you for being a part of the 2023 SoCal Compulsory and Future Stars Clinic! This is the first SoCal event of the 2023-2024 season and a great opportunity for the athletes to get an idea of where they stand on skill development and comprehension. Today's event features athletes from 11 SoCal programs and approximately 115 athletes ranging from levels 3-6 as well as our Future Stars levels. It will also feature 12 clinicians and a Coaches Education Workshop before and after the athlete clinic. You are more than welcome to watch the clinic or just drop off.

## Slight Schedule Change

Please be aware that we slightly adjusted the schedule to start at 10:00 AM instead of the 10:30 AM. This also affected the lunch time schedule.

## Lunch

Please plan to come back at 12:45 PM to feed your child! The area has many food options! Please be back by 1:45 PM for the second part of the day. The gym does have a lobby that you can utilize to eat lunch if you are bringing a lunch.

## What are the benefits of this clinic?

With so many events and skills in gymnastics this event can only cover so much. We want the athletes to leave this clinic with reinforced basics and concepts that cover skill development and acquisition. A lot of times hearing the same corrections from different coaches is incredibly beneficial for understanding the concepts. Gymnastics skills, build on top of each other, which requires refinement of basics and concepts all the way through to the highest optional levels. Another huge benefit, for the athletes, is training with other athletes from other programs. This gives the athletes an opportunity to get to know each other as they will be competing against each other for the rest of their careers! We highly encourage all athletes to help each other and cheer each other on. The stronger we are and work together as a state, the more we grow and excel!

Matt Lowry  
SoCal State Director