

Athletes' Clinic & Judges' Workshop (Ontario)

Event Category: [Clinic](#) [1]**Event Date:** Mar 7 2009 - 12:00am

Location: Curtis North High School,
1675 Nash Rd
Richmond Hill, ON

Registration: At the Door - \$25

Directions

- Take the 401 to Courtice Rd.
- Head north on Courtice Rd to Nash Rd, turn left and about 1/2 km down the road you will see the school on your left hand side.
- Gym is right inside the door.

An Athletes' Clinic with guest clinician Jennifer Marcus, as well as a Judges' Workshop with Ron Kopas and Deardra Leslie are scheduled for March 7th at Curtis North High School, just 5 minutes east of Oshawa.

Judges Workshop and Baton Clinic will have registration at the door and begin at 10am. You do not have to send anything in the mail, just your intent to come by e mail to [kim \[dot\] genton@candlelight \[dot\] ca](mailto:kim@genton@candlelight.ca). Also write and let us know if you are coming to work on anything in particular. We are having this event for the athletes. Our goal is to meet your needs!

Registration will begin at 9 am

To register just e mail me at [kim \[dot\] genton@candlelight \[dot\] ca](mailto:kim@genton@candlelight.ca) and tell me you are coming and IF there is something you need help with we will try and make sure it gets attention. I will put you on the list and you can pay at the front door when you arrive. Please don't say you are coming if you are not, as we will be counting on your registration to help pay for the costs. Please call me with any questions 905 465 - 9154. Lunch will be one half hour with performances by Jen Marcus as well as an opportunity to get your picture taken with Jen.

Athletes' Clinic

- \$25.00
- 10 am until 2:30 pm.
- One half hour for lunch and there is no food on site.

The purpose of this clinic is to gather the athletes together and have some fun, while at the same time get in a good day of practise and meet and have the opportunity to work with a wonderful role model and motivator like Jennifer Marcus. Athletes in March need to be working on getting their routines perfected, and we know that time in the gym is what helps. A wonderful motivator for our athletes to practice, is to practice with others, especially some of their own competition. We are going to offer the following classes:

- one class that just runs athletes solos. We will do their routines to the music, starting off drilling their sections and then moving onto running the whole routine having contests on who can do a no drop. This means the athletes will be coming home with a good practice on their solos. This is great for every level.

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- do your children no HOW to do some basic three baton. Jen Marcus, world multiple baton champion, will teach the basics that can be used in individual routines as well as team. Send your team and she can show coaches how to do a "feed in" for their team events if multiple baton is not your thing.
- improve your two baton, let Jen show you some "cool new tricks" to be working on!
- Rolls, are always something everyone can get help with and improve upon. Jen will be looking at the athletes roll sections, offering suggestions of "next steps" or maybe how to improve what they are doing. This gives athletes exposure to Jen Marcus one on one which we hope is exciting for the athletes.
- Basic Strut Competition - for everyone! Like the old days.....who can march?

Once we see who is coming, classes will be tailored to fit the needs of the athletes. I am going to try and make it really a fun day, as well as a good practise and learning environment for everyone attending.

Judges Workshop

- More details to come... Stay tuned!

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Links

[1] <https://www.cbtf.ca/calendar/clinic>