

COACHES WORKSHOP SAT. NIGHT

2-Day GYMNASTICS INTENSIVE

PROGRESSIVE PERFORMANCE

MENS GYMNASTICS WORKSHOP

HOSTED AT: ROSWELL GYMNASTICS



This workshop is designed to be a kick off to summer training by encouraging your gymnasts to make the most out of their practice time while improving their technique. At this workshop coaches will provide expert training and instruction in all six apparatuses. They will guide your gymnasts to improve upon their base skills and technique while challenging them to push beyond their personal expectations therefore setting them up for their upcoming competition season.

SATURDAY LUNCH PROVIDE FOR ATHLETES.



LOCATION
Roswell Gymnastics
10495 Woodstock Rd
Roswell, GA 30075

PRICE
\$300 per athlete
Price Includes T-shirt,
Sat. Lunch & Snacks

TENTATIVE DATES

Optionals: June 15-16, 2024

Compulsories: June 22-23, 2024

*dates are tentative and can change due to Championships and other unexpected events.

AFTER WORKSHOP TALK

The workshop will end with a mini celebration starting with a showing off of skills worked on and ending with an ice cream social where athletes, coaches and parents can share information about accomplishments in a relaxed atmosphere.



MICHAEL BEREZNEV
Roswell Gymnastics
Optional & Elite Team Coach,
GA Men's Gymnastics
Elite Team Coach



FELIPE MENDONCA
USAG 2023 Junior Men's Coach of the Year, Roswell Gymnastics
Head Men's Coach, and
USA Junior National Team Coach

This is their opportunity to train with some of the best gymnastics coaches in the country!

2024 GUEST ATHLETE TBD
LAST YEAR'S GUEST ATHLETE

2023's Guest Gymnast Maxim Bereznev

Currently a member of the Oklahoma Sooners Competitive Team and the 2023 USA Gymnastics Men's Developmental Program National Championships JE Level 10 AA Champion.

