

## **Morning Vaulting Clinicians**

*Eric Garcia, Gold Level Vaultler*

I started vaulting when I was four years old with Tambourine vaulters. I have been a regional or national champion at every level except gold; which is the level I am at now. I have also been on an A-team with Tambourine Vaulters and traveled to Saumur, France to represent the U.S twice. In 2002 I won the preliminary double national championship with Michele Stevens. I am currently the assistant coach for Morning Star and Willow Tree Vaulters. I am hoping to become a National Gold Champion soon.

Areas of Interest/Specialties:

- Mounts
- Flight moves & exercises
- Handstands
- Muscle building & Splits/stretch moves
- Improving freestyle
- Team/doubles
- Back flips on the ground and off the barrel/horse

*Shannon Hoke, Silver Level Vaultler*

Shannon is 19 years old, attending the Santa Rosa Junior College's Nursing Program and currently vaulting at the Silver level. Her love for vaulting came from her background in gymnastics, dance and horseback riding. Vaulting for 11 years she has competed locally and internationally in individual and team events. She loves to coach all ages of vaulters on anything from the basics of compulsories and freestyle, to choreography, flexibility and strength training skills, and nutrition. Shannon translates her competitive passion into her determination and goals to one day be a world champion and add a gold medal to her already honored trot, bronze and silver medals.

Areas of Interest/Specialties:

- Individual and team freestyle choreography
- Basic concepts of One Star Compulsories
- Two Star Compulsory strength, flexibility and core building
- Flexibility exercises and workout plans

*Brittany O'Leary, Silver Level Vaultler*

Brittany has been vaulting as a Pacific Coast Vaultler for 9 years and is the current coach for their trot and tiny tot division. Throughout many of the years she has worked with many teams and clubs from all around the world. Brittany has travelled to various countries including Brazil, Germany, and France to compete in both the team and individual portions of international

competitions. She tends to favor horse and barrel freestyle when she clinics because it is most exciting element of vaulting for her.

Areas of Interest/Specialties:

- Musical Interpretation and how to perform in competitions
- Adding “Flow” in Freestyles to boost composition
- Composing Freestyles
- Drills to Improve Common Compulsory habits

*Nancy Stevens-Brown, Clinician & Much More*

Nancy Stevens-Brown has been coaching vaulting since 1971. From that day until today her passion is helping develop creative individualized performances. Nancy loves to work with vaulters of all levels enhancing their freestyle. Her techniques can be applied with music or without. The vaulter may focus on developing a single move or detailing out their entire routine.

Areas of Interest/Specialties:

- Individual and team freestyle choreography
- Enhancing your performance and standing out
- Building transitions and shapes in your freestyle to highlight strength, flexibility and creativity

### **Afternoon Vaulting Clinicians**

*Eric Garcia, Shannon Hoke, & Brittany O’Leary: Vaulting Barrel Doubles & Triples*

After private sessions in the morning these 3 upper level vaulters are also excited to offer their experience and expertise at a Barrel Doubles & Triples station.

*Jennifer Fujii: Aerobics & Fitness*

In 2008, Jennifer Fujii proved herself to be the best Aerobic Gymnast in the United States. This year, she not only successfully defended her Gold to become a two time National Champion; she went on to place in the top 8 elite at the US Internationals. This made her the first US female athlete to place this high in International competition in the past 5 years. 2009 is a World Championship year for Gymnastics. World’s are every other year in the sport and you have to place top two in your country to qualify. Jennifer is currently training for her International season that starts with her first competition this February in France. She will go back to France for the World Championships in June, where she will compete against the best 50 women in the world. In July, she will defend her two time gold medals, with hope to “three-peat” and go right on to the US Internationals.

Aerobic Gymnastics is the 6<sup>th</sup> official discipline under the official F.I.G (Federation of International Gymnastics) umbrella. It combines strength, flexibility, power and grace into a 2 minute routine. In addition to being a competitive athlete, Jennifer is co-owner of Inspired Fitness Training Center, here in Petaluma. Besides being one of the gym owners, she is the head personal trainer/coach. “I have clients that have a wide range of health and fitness goals. I’ve been training clients over 10 years and I truly love what I do. My clients range is all ages, shapes and sizes and they all have different goals. The one common dominator is that they all want to be the best version of themselves....and I’m lucky enough to help provide them with a road map to their individual goals.”

*Carleen daSilva: Acrobatics & Gymnastics*

Carleen daSilva is a past USA Gymnastics Junior National Team Member in Acrobatics Gymnastics. She is from Castro Valley, Ca. Her acrobatic gymnastic career ended after 14 years when she decided to go to school at, California State University Chico, and study Construction Management. Carleen's love for gymnastic has not stopped and she is currently coaching at Athletic Horizons Gymnastics Center in Chico, CA. Besides, gymnastics Carleen enjoys playing with her black lab, Tabor, and exercising. Her current goal is to finish her degree at Chico State.

*Gabrielle Thompson: Dance*

Gabrielle Thompson is a dance educator, choreographer, performer and director of dance productions/recitals. Her teaching experience includes Dance Company director and PE instructor at Ursuline High School in Santa Rosa where she is currently in charge of training dance students in Ballet, Jazz, modern, creative movement and multicultural dance forms. Gabrielle is also a Dance Instructor for Jazz and Ballet programs at ROCO Dance and Fitness, in Mill Valley. She trains students for recreational and pre-professional/college bound levels and is the choreographer for their bi-annual productions. She also has taught Jazz and Ballet at Dance Innovations in Rohnert Park and been a guest choreographer and teacher in Marin & Sonoma Counties for various schools and organizations.

Gabrielle’s training and education includes experience at Redwood Empire Ballet, Anita Kane Ballet, Petaluma City Ballet, Sarasota Ballet, Florida Ballet Arts Academy, Alivn Ailey Dance School, Broadway Dance Center, San Francisco Dance Center, Dance Mission, La Marais (France), Santa Rosa Junior College, and the Royal Academy of Dance Training. She is excited to bring all of her expertise and to continue working with young people encouraging their creative expression and helping them perfect their technical skills.