



Betsy Bootcamp Presents:

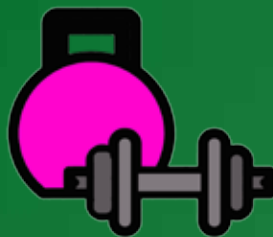


GYMNASCHOOL

Summer Edition



NUTRITION



FITNESS &
FLEXIBILITY



YOGA



MENTAL
TRAINING



FUN



CHOREOGRAPHY



BASIC
GYMNASTICS
SKILLS



PHYSICAL
THERAPY &
INJURY
PREVENTION



FAQ:

WHAT IS GYMNASCHOOL?

A SIX WEEK MULTI-DISCIPLINARY ONLINE EXPERIENCE FOR GYMNASTS

WHO ARE WE?

WE ARE THE FIFTH EVENTS OF GYMNASTICS, FROM NUTRITION TO YOGA, FITNESS, MENTAL TRAINING, PHYSICAL THERAPY, INJURY PREVENTION, FLEXIBILITY AND CHOREOGRAPHY AND EVEN GYMNASTICS BASICS!

WHAT IS INCLUDED? ONE HOUR SESSIONS COVERING:

NUTRITION - CHOREOGRAPHY - YOGA - MENTAL TRAINING - PHYSICAL THERAPY AND INJURY PREVENTION FOR GYMNASTS - GYMNASTICS SKILL BASICS - BOOTCAMP FITNESS AND FLEXIBILITY - FUN

WHEN, WHERE & WHO?

JUNE 7-JULY 15TH (6 WEEKS); MONDAYS AND THURSDAYS 3-4 PM EST
FOR ANY GYMNAST LEVELS 3-ELITE

CALL SESSIONS ARE RECORDED AND WILL BE SENT VIA ZOOM, SOME MAY HAVE DIFFERENT TIMES DUE TO TIME ZONE DIFFERENCES OF CLINICIANS) ZOOM. MOSTLY 3-4 OR 4-5 A SCHEDULE WILL BE PROVIDED WITHIN THE COMING WEEKS





MEET THE TEACHERS



**BETSY MCNALLY - LAQUAR NSCA CPT, EFS
CERTIFIED SPORTS NUTRITIONIST.**

BA MICHIGAN STATE (NUTRITION CLINIC)

SINCE 2001, BETSY MCNALLY LAQUAR HAS BEEN A COACH IN THE FITNESS WORLD. SHE IS A WIFE AND MOM OF TWO BOYS, PERSONAL TRAINER, SPORTS NUTRITIONIST, FORMER GYMNASTICS COACH, PROFESSIONAL BODYBUILDER/FITNESS COMPETITOR, FORMER HIGH SCHOOL TEACHER AND BEST SELLING AUTHOR OF BINGES AND BALANCE BEAMS AND GYMNAHEF, STRENGTH AND GOOD NUTRITIONAL HABITS.



**MIRANDA JIGGINS: ISSA CPT, ACE CERTIFIED NUTRITION SPECIALIST
(FITNESS CLINIC)**

MIRANDA WORKS WITH COMPETITIVE CHEER TEAMS, UPPER LEVEL WRESTLERS, BASEBALL PLAYERS, AND ATHLETES FROM MULTIPLE SPORT, IN ADDITION TO TEACHING SMALL GROUP AND IN PERSON TRAINING TO GYMNASTS ALL OVER THE WORLD! MIRANDA SPECIALIZES IN GENERAL CORE CONDITIONING, PERFORMANCE ENDURANCE, AND MOST IMPORTANTLY COACHING ATHLETES TO HELP THEM FEEL AS IF THEY CAN TAKE ON THE WORLD AFTER THEIR SESSIONS! SHE IS CURRENTLY WORKING TOWARD MULTIPLE CERTIFICATIONS IN NUTRITION, FITNESS AND YOUTH ATHLETE CONDITIONING.



AMY FALLIS (YOGA CLINIC)

AMY HAS BEEN TEACHING AND SHARING HER LOVE FOR YOGA FOR OVER 20 YEARS. AMY HAS A BACHELORS DEGREE IN EXERCISE PHYSIOLOGY AND A MASTERS IN HOLISTIC NUTRITION. SHE IS AN AVID CROSS FITTER, HAD COMPETED IN TRIATHLONS, OBSTACLE COURSE RACES, FITNESS SHOWS AND MARATHONS ALL OVER THE COUNTRY. SHE LOVES TEACHING YOGA FOR FLEXIBILITY AND MOBILITY BUT MOST IMPORTANTLY SHE LOVES TEACHING THE BENEFITS OF BREATHING AND MEDITATION ESPECIALLY TO YOUNG ATHLETES. AMY HAS 2 YOUNG GYMNASTS THAT SHARE HER LOVE FOR YOGA. SHE IS EXCITED TO BE WITH BETSY BOOTCAMP AS YOUR YOGA TEACHER AND CAN'T WAIT TO INTRODUCE YOGA TO YOU IF IT'S YOUR FIRST TIME AND IS EXCITED TO CONTINUE THE YOGA JOURNEY WITH YOU IF YOU HAVE DONE YOGA IN THE PAST! NAMASTE!





MEET THE TEACHERS



COACH DEAVERA TODD

ATLANTA, GEORGIA. (ACTIVE FLEXIBILITY AND CHOREOGRAPHY)
A FORMER COLLEGIATE GYMNAST WITH SEVERAL TITLES AS WELL AS A FIRST TEAM ALL CONFERENCE RECIPIENT, COACH D IS AN OPTIONAL CLINICIAN, CHOREOGRAPHER AND COACH TO MANY STATE, REGIONAL, AND NATIONAL QUALIFIERS. SHE ALSO BRINGS HER KNOWLEDGE AND EXPERTISE INTERNATIONALLY BOTH IN PERSON AND VIRTUALLY THROUGH HER CLINICS. HER SPECIALTY IS DEVELOPING YOUNG ATHLETES TO BE AMAZING PERFORMERS WHILE ALSO FOCUSING ON BASICS! COACH D WILL BE TAKING US THROUGH AN HOUR OF ACTIVE FLEXIBILITY AND FUN CHOREOGRAPHY!



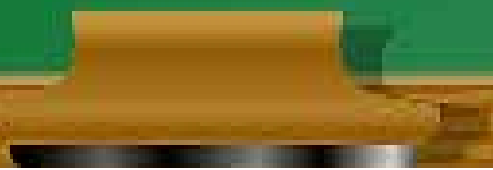
COACH TAYLOR, THE "GYMGINEER"

ATLANTA, GEORGIA. (PRESS HANDSTAND CLINIC)
A FORMER CIVIL ENGINEER AND COLLEGIATE GYMNAST AND CURRENT COACH AND CLINICIAN, COACH TAYLOR IS ALSO KNOWN AS THE "GYMGINEER" HIS SPECIALTY IS BREAKING DOWN SCIENCE AND PHYSICS TO KIDS, TEACHING GRAVITY, ROTATION, INERTIA AND MOMENTUM. TEACHING KIDS PHYSICS AND GYMNASTICS AT THE SAME TIME AND MAKING IT FUN! TAYLOR WILL BE HOLDING HIS WORLD FAMOUS PRESS HANDSTAND CLINIC HERE FOR GYMNASCHOOL! WE CAN'T WAIT!



NATALIE SHANNON, DPT, ATC, CSCS PHYSICAL THERAPY

BIRMINGHAM, ALABAMA (THERAPY TIPS, TRICKS, IDEAS FOR GYMNASTS)
NATALIE WAS A COMPETITIVE GYMNAST FOR 13 YEARS AND A COACH AT SEVERAL GYMS IN THE STATE OF ALABAMA. SHE RECEIVED HER BACHELOR'S IN ATHLETIC TRAINING FROM THE UNIVERSITY OF ALABAMA AND HER DOCTORATE IN PHYSICAL THERAPY FROM THE UNIVERSITY OF ALABAMA AT BIRMINGHAM. WHILE AT UA, SHE WORKED AS A STUDENT ATHLETIC TRAINER WITH THE GYMNASTICS TEAM IN KEEPING THEM HEALTHY. SHE CONTINUES TO PROVIDE INJURY PREVENTION AND PHYSICAL THERAPY SERVICES TO GYMNASTS THROUGHOUT THE BIRMINGHAM AREA





MEET THE TEACHERS



STACEY UMEH PERTH, AUSTRALIA CREATIVE MOVEMENT

WORLD RENOWNED CHOREOGRAPHER, AND FOUNDER OF THE CREATIVE MOVEMENT GROUP, STACEY UMEH IS AN ARTISTIC PREPARATION SPECIALIST, AND ELITE GYMNASTICS COACH WHO, USING HER CREATIVITY AND PASSION, TRAVELS THE WORLD INSPIRING SPORTS ARTISTS TO MORE FULLY EMBRACE DANCE! SHE WORKS WITH GYMNASTICS AND ARTISTIC SWIMMING NATIONAL TEAM MEMBERS FROM SINGAPORE, AUSTRALIA, JAPAN, CANADA, AND CHINA AND IS CURRENTLY IN COLLABORATION WITH HER SISTER STELLA FOR THE GEORGIA GYM DOGS! SHE WILL BE TAKING YOU THROUGH AN HOUR OF AMAZING DANCE AND EXPRESSIVENESS!



ARIANA LEBLANC M.S CLINICAL MENTAL HEALTH

AS A FORMER ELITE GYMNAST, ARIANA UNDERSTANDS THE MENTAL STRUGGLE GYMNASTS FACE WHILE AT THE GYM AND IN COMPETITION. SHE HAS MADE IT HER MISSION TO HELP GYMNASTS AND PROVIDE THEM WITH THE TOOLS TO NOT ONLY BECOME CONFIDENT AND FEARLESS GYMNASTS IN THE GYM BUT TO BECOME CONFIDENT AND POSITIVE ADULTS. HER WORK WITH GYMNASTS CENTERS AROUND THE CONCEPT AND TEACHINGS OF MINDFULNESS TO ALLOW GYMNASTS TO LEARN HOW TO EMBRACE ALL EMOTIONS AND LIVE MORE FULLY IN THE PRESENT MOMENT. SHE WILL BE HOSTING MENTAL TRAINING: TRAIN YOUR BRAIN LIKE A MUSCLE!

DON'T LET YOUR ATHLETE GET BORED THIS SUMMER! JOIN BETSY AND ASSOCIATES FOR A SUMMER TO REMEMBER!

PRICING AVAILABLE FOR INDIVIDUAL ATHLETES AND TEAMS
PLEASE EMAIL GYMNASCHOOL INQUIRIES TO: COACH@BETSYMCNALLY.COM

