

# **Chicago Big Wheel Weekend**

October 8<sup>th</sup>, 9<sup>th</sup>, & 10<sup>th</sup>, 2010

Alternatives Center: 4730 North Sheridan Road, Chicago, IL 6064

USA Wheel Gymnastics, CircEsteem, and Alternatives, Inc.  
welcome you to a wonderful weekend of wheel gymnastics!

## **Course Options:**

### **A Coaching Level 1, part one (10 of 20 hours), second half during march wheel weekend 2011**

Saturday, Oct 9<sup>th</sup>: 1:00 pm – 6:00 pm  
Sunday, Oct 10<sup>th</sup>: 8:00 am – 12:00 pm, 1:00pm – 2:00 pm

**Fee :** 175\$ and \$50.00 for the certificate from the IRV International Wheel Federation in Switzerland.

This Coaching Level One Part One course holds the following subjects:

- Beginner training for straightline, spiral and vault.
- Studying the path to the 1st compulsory routine of the USA Wheel Gymnastics Federation.
- General rules and regulations for wheel gymnastics.

### **B Coaching Level 1, full course**

Friday, Oct 8<sup>th</sup>: 8:00 am – 12:00 pm and 1:00 pm – 6:00 pm  
Saturday, Oct 9<sup>th</sup>: 1:00 pm – 4:00 pm  
Sunday, Oct 10<sup>th</sup>: 8:00 am – 12:00 pm. Exam from 1:00 pm – 2:00 pm

**Fee:** \$295.00 per person and \$50.00 for the certificate from the IRV International Wheel Federation in Basel, Switzerland.

This Coaching Level One course holds the following subjects:

- Beginner training for straightline, spirale and vault.
- Advanced training for straightline.
- Basic knowledge for technical execution and set up of routines.
- Studying the path to the first compulsory routine of the USA Wheel Gymnastics Federation.
- General rules and regulations for wheel gymnastics

### **C Coaching Level 2 (10 of 90 hours)**

Friday, Oct 8<sup>th</sup>: 9:00 am – 12:00pm, 2:00pm – 5:00pm  
Saturday, Oct 9<sup>th</sup>: 2:30 pm – 4:00 pm  
Sunday, Oct 10<sup>th</sup>: 1:00 pm – 2:30 pm.

**Fee:** \$250.00 per person for the 10 hours. The second course in the beginning of March 2011 will be 35 hours of instruction or all 80 hours

This Coaching Level One course holds the following subjects:

- Beginner training for straightline, spirale and vault.
- Advanced training for straightline.
- Basic knowledge for technical execution and set up of routines.
- Studying the path to the first compulsory routine of the USA Wheel Gymnastics Federation.
- General rules and regulations for wheel gymnastics.

### **D Training Camp for Beginners, Advanced, and Competitors**

#### Full workshop

Friday, Oct. 8<sup>th</sup>: 9:00 am – 12:00 pm , 2:00 pm – 5:00 pm  
Saturday, Oct. 9<sup>th</sup>: 2:00 pm – 6:00 pm  
Sunday, Oct. 10<sup>th</sup> : 9:00 am – 12:00pm

#### Starter/Beginner Workshop

Saturday, March 13<sup>th</sup>: 1:00pm – 4:00pm

**Fee: D Full workshop** \$285.00 per person. **E workshop for Starter** (3 hours) \$75. The competition is included if you are a participant at the training camp. If you only sign up for the competition the fee will be \$25. This training camp will focus on setting up straightline routines and progress in spiral. The next camp for training and competition will be held in early March 2011 for adults and juniors.

## **E Judging Course**

1. Judging course, session execution and music straightline and head-judge
2. Judging course, session spirale and vault

Friday, Oct. 8<sup>th</sup>: 6:00pm – 8:30pm

Saturday, Oct. 9<sup>th</sup>: 8:00am – 12:00pm

**Fee:** \$130.00 and \$30.00 for the certificate from the USA Wheel Gymnastics Federation.

This judging level straightline and music course holds the following subjects:

- Execution rules for straightline
- Mistakes and deductions.
- Rules for routine set up
- Studying the path to the first compulsory routine of the USA Wheel Gymnastics Federation.
- General rules and regulations for wheel gymnastics.

## **F One Rim/Cyr Training, Beginners/Advanced**

Beginner /Advanced Workshop

Saturday, Oct. 9<sup>th</sup>: 9:00am – 12:00pm

**Fee:** workshop for Beginner/Advanced (3 hours) \$150.

**Private instruction** (Andre St. Jean): \$75/hour Friday Oct 8th 5:00pm-7:00pm or on request

## **G Beginner Competition and Wheel Show**

Competition: Sat. Oct 9<sup>th</sup>, 10:00am-12:00pm

**Fee:** \$25.00 / no fee for participants in any of the workshops

Show: Sat. Oct 9<sup>th</sup>: 7:30pm –9:00pm

Instructors:

**Wolfgang Bientzle**, [www.wolfgangbientzle.com](http://www.wolfgangbientzle.com)

**Katja Homeyer**, former wheel gymnastics World Champion and coach of TSV Taunusstein, [www.rhoenrad.de](http://www.rhoenrad.de)

**Evan S. Brown**, President of the USA Wheel Gymnastics Federation, Competitor 2001 World Championships

**Cornell Freeney**, 2007 World Championship Junior Boys Silver Medallist in vault.

**Chris Delgado**, 16th at the 2009 World Championship in 2009

**Andre St. Jean**, coach of Cirque du Soleil and the National Circus School in Montreal

**Maribeth Joy Mcmanus**, Judge for the USA wheel gymnastics team at the 2009 World Championship

Please send in your registration by September 20<sup>th</sup>, 2010 for the competition and check payable to:

Wolfgang Bientzle

829 W. Gunnison 2E

Chicago, IL 60640

Accommodation: If you need assistance to find reasonable accommodation in the Chicago area, let us know and we are happy to help.

For questions, please email: [wolfgang@circestem.org](mailto:wolfgang@circestem.org) or call (312) 375- 5264

Also, check for updates and information at: [www.usawheelgymnastics.org](http://www.usawheelgymnastics.org)