

• SMASH • Acrobatics • Tumbling • • Parkour • Rolling • Falling • Clinic •

**Speed
Agility &
Performance
Development
for
Youth
Athletes**

Location Rowville Sports Precinct
Rowville Sec. College - East Campus
Humphreys Way, Rowville VIC 3178

Date Monday, 4th May 2015

Time 5:15-7:15pm

Cost **Free** - current Smash attendees
\$10 - previous Smash athletes
\$20 - all others

There will be 3 sessions on a 30 minute rotation :

- gymnastics, rolling, tumbling
- parkour, falling, acrobatic
- falling, combat rolling

Andrew Reynolds
Rebecca Donato
Mike Donato

SMASH
PERFORMANCE
ACADEMY

CLINIC COACHES

Rebecca Donato

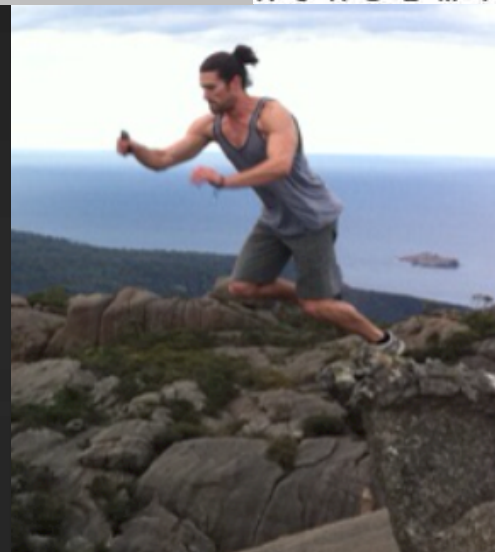
Level 10 gymnast
Multiple national gymnastics champion
Australian national team gymnast

Andrew Reynolds

Parkour coach
Track & field coach
Olympic lifting coach

Mike Donato

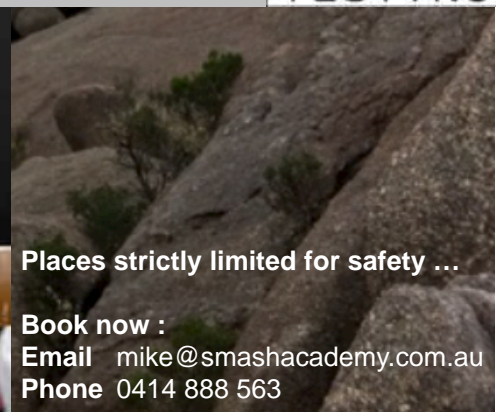
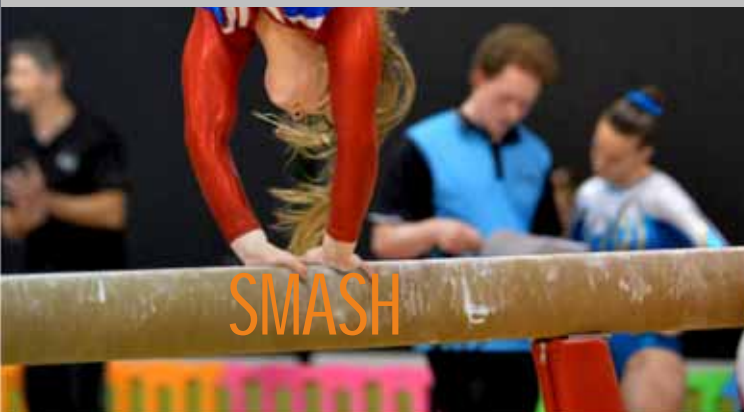
20 years experience in martial & combat arts
Ninjutsu, Aikido, Karate, Kung Fu
Green beret commando



The clinic will start off with a demonstration by the coaches.

Safety is paramount and skills during the session will only be progressed as the coaches assess the attendees are capable.

EDGE
ATHLETE
TESTING



Places strictly limited for safety ...

Book now :

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