



Rebecca Raynor Fort is originally from Southern Pines, NC and was a Level 10 gymnast for Sandhills Academy of Gymnastics. She won several state championship titles, and competed on the regional and national level as a Level 10. Rebecca attended University of North Carolina and graduated with a BA in Exercise and Sports Science in 2002. Upon graduation, she moved to Charleston, SC and pursued a career in sports marketing. After two short years, she returned to gymnastics by relocating to North Myrtle Beach to assist Liguori with his competitive team. Together, Rebecca & Louie have had numerous SC State Champions, Regional Qualifiers, Regional Champions and National Qualifiers. When not in the gym, Becca enjoys being on the water, playing with her dogs and catching up with old friends.

Time	Events
9am	Vault
10am	Bars
11 am	Spotting
12-12:30	Q & A
1pm	Lunch
2pm	Floor
3pm	Beam
4pm	Final Q & A

GYMNASTICS & MORE
304 HWY 90
LITTLE RIVER, SC 29566
843-249-5867
www.GymAndMoreSC.com

Clinic is set for:
Sat. June 5th
With a follow up during



COACHES CLINIC

You will learn:
Technique
Proper Progressions
Spotting
Drills
Setting up stations
How to deal with
FEAR & MORE...



CLINICIANS:
LOUIE LIGUORI
DANNY WARBUTTON

COACHES CLINIC



Louie Liguori is originally from Pittsburgh, PA and has been involved in gymnastics for over 30 years. As a gymnast, he received a gymnastics scholarship to West Virginia University. After his gymnastics career, he began coaching in Pennsylvania at private clubs as well as on the college level at Clarion University and University of Pittsburgh. In 1990, he relocated to Pinehurst, NC where he took over as head coach and director at Sandhills Academy of Gymnastics. In 1994, his gymnastics dream came true when he moved to North Myrtle Beach and opened his very own gym, Gymnastics & More, Inc. Since 1994, the Grand Strand has been blessed with a strong gymnastics program with a proven history of success. Overall, Liguori has produced numerous state and regional champions, national qualifiers, 3 on the junior national team and 9 of his gymnasts have received full gymnastics scholarships to college. Liguori is the head optional coach but continues to work with each level on certain occasions. When not in the gym, Louie enjoys being on his boat and playing music



This will be a comprehensive, Hands on, interactive, clinic. You won't be sitting around just listening to a lecture. You will be up, on your feet, moving, spotting & asking questions. You will be practicing what to say when a gymnast makes a mistake. How to handle fears. By being interactive and putting what you have learned into practice you will remember & learn more. We would like for you to send us questions & ideas of what YOU want to learn so we can be sure to address everyone's request. We are so fortunate to have Danny Warbuton & Louie here in SC to share their knowledge & experience with all of us.

This clinic includes lunch & we offer multiple coach discounts for gyms. This would be a great clinic for all your coaches. Space is *very limited* so *reserve your spot early... cost is \$100 per coach* . Please call to register with a \$50 deposit.

During college, Danny attended Georgia Southern University on a full gymnastics scholarship. He was a four-time Georgia State Champion, four-time Southern Intercollegiate Gymnastics Champion, three-time All-American and 10th All-Around in the 1972 Olympic Trials. As a coach & business owner, Danny ran a successful business and competitive team from 1976 to 2004 in Washington, Pennsylvania (Meadowlands Gymnastics Training Center & Gym Dandy's Women's Gymnastics Team). He was also the Assistant Women's Gymnastics Coach at West Virginia University from 2002-2003. In 1972 Danny took his first gymnasts to the National Championships and continued to do so in 27 of the next 30 years. He coached 15 State Championship Teams and many individual State, Regional & National Champions. Over his years as a coach, he had a total of 45 National Competitors. He also produced eight elite gymnasts, two of which were on the Elite National Team who competed internationally representing the United States in Russia, East Germany, Hungary, England, South Africa, China & Japan (Patti Rice & Linda Kardos). Danny had a member of the 1979 Pan American Games Team and the World Championship Team. More astounding than any of that, Danny has sent 125 gymnasts to college on a gymnastics scholarship. We are both honored and humbled to have Danny on staff working with our competitive team. Fun Fact: Louie Liguori was on staff at Danny's gym for 5 years.