



June 19-25th, 2016
Mount St. Joseph University
Cincinnati, Ohio

Dear Wheel friends, Supporters and Fans,

This summer, the USA Wheel Gymnastics Federation and Circus Mojo are hosting Turnfest American Style during the week of the 2016 World Championships.

Turnfest is open to everybody and features a mixture of beginner to advanced workshops for Gym Wheel, Circus, Gymnastics, Dance, and Cyr Wheel, as well as optional private lessons and public performances in Greater Cincinnati. The advanced-level Cyr and Gymnastic Wheel community is invited to attend a series of specialized workshops and seminars taught by World-class clinicians, which will include World Champions, Olympians, and Cirque professionals from around the globe.

Turnfest participants receive full access to all World Championship competitions. The workshops are scheduled such that participants can enjoy both watching the competitions and participating in workshops.

In the name of USA Wheel Gymnastics and our sponsors, I would like to invite you all to this action-packed, fun-filled week of Wheel, Gymnastics, and Circus!

Julia Pohling

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Presented by:



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Registration Options *

Turnfest + Worlds

\$175

- Full week's pass to all World Championship events, including the Opening Gala and the Finals (equal to a value of \$50)
- 5 events of your choice (pick from over 30 different workshops and performance opportunities)
- Public performances in Greater Cincinnati
- Discount for booking additional events (\$25 per event with Turnfest Full Pass)
- Access to booking private/semi-private or group sessions with World Class experts in various disciplines

Turnfest only

\$150

- 5 events of your choice (pick from over 30 different workshops and performance opportunities)
- Public performances in Greater Cincinnati
- Discount for booking additional events (\$25 per event with Turnfest Full Pass)
- Access to booking private/semi-private or group sessions with World Class experts in various disciplines

Single Workshop

\$45

- 1 workshop of your choice
- NO access to private sessions and public performances

How to register: *

- **Turnfest registration is open from April 1st to June 12th, 2016.**
- Registration and payment will be done via an online form which will be published on USA Wheel Gymnastics and IRV homepages, Facebook and Twitter feeds.
- All Turnfest participants must be a member of USA Wheel Gymnastics for the year 2016 for insurance reasons. Membership costs \$50 and can be purchased online together with the Turnfest Registration.
- Participation in a single event does not require USA Wheel membership. If you book more than one workshop, you need to purchase a membership.
- A waiver has to be signed by every participant and their parent or legal guardian if underage (under 18).

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- The exact workshop schedule may change between now and the event. You are able to change your workshop selection after registration is completed, however, workshops have limited space available and are booked on a ‘first come, first served’ basis.
- Individuals signed up for ‘Turnfest + World’ or ‘Turnfest only’ will be able to book additional workshops for \$25 each.
- Individuals registering as a group of more than 5 people get a discount of 10% on the Turnfest registration. Contact JuliaUSAWheel@gmail.com for details **BEFORE** registering to receive a discount code.
- Groups must name a group leader to organize special events and performances for the group, and will act as a contact person for the Turnfest staff. Underage participants (under 18) must be accompanied by a guardian or parent.
- Participants are responsible for booking their own travel, room, and board. For more information on room and board packages, please visit http://usawheelgymnastics.com/?page_id=90 and click on “housing form for families and federation members”.

Turnfest Performances – Two Public Stages *

Turnfest participants are invited to showcase their skills on two Turnfest stages in Greater Cincinnati. All kinds of performances are welcome (solo, duo, or group), and in any performance discipline. Examples are Artistic Gymnastics, Cyr or Gymnastic Wheel, Rhythmic Gymnastics, Cheer, Tumbling, Aerobics, Dance, Fitness activities, Circus Arts, Martial Arts, Calisthenics, etc.

The Turnfest stages will be set-up in prime locations like Newport on the Levee, Newport, KY and Fountain Square in Cincinnati, OH (<http://www.newportonthelevee.com>, <http://myfountainsquare.com>). Further details will be announced soon.

Both stages are open daily from **12:30 – 1:30pm**, and a maximum of 8 acts can perform per stage each day. Acts can choose the day(s) on which they want to perform and will be assigned to one of the stages depending on their requirements for stage size, rigging opportunities and equipment. Performing groups are responsible for their own transportation to and from the stages. Equipment transport can be arranged with our volunteers on site. Maximum performance duration is 5 minutes (including entrance/exit and placement/removal of all equipment, props, costumes, etc.)

During online registration, you will be asked to submit a video of your act. We cannot schedule you for a performance without a video.



Special recognition



The organizing committee will select 5 acts from all submissions to be featured performances in the final competitions of the World Championships on Thursday, Friday, or Saturday!

Private/semi-private or personalized group sessions *

Turnfest participants have the opportunity to book private sessions with some of our highly decorated guest coaches from around the world. See the list of available coaches on the next page. Each coach is a specialist in their area and will help you reach your goals on a one-on-one basis. Purchase of the 'Single Workshop' option does not grant access to private sessions.

Cost structure for private sessions:

	Private/Semi-private sessions cost
1 st participant	\$75
2 nd participant	+ \$25
3 rd participant	+ \$25
4 th participant	+ \$25
5 th participant	free

Please note that coach availability varies due to their involvement in the World Championships and other events. After you register for the Turnfest online, you will be contacted by JuliaUSAWheel@gmail.com to schedule your session. Please read through the introductions of each coach to see who you would like to work with.

Special Guest Coaches *

Name	Bio	Available for private sessions?
Eric Deschenes	Eric is the Head Coach for Cyr Wheel, Wheel Gymnastics, and Physical Preparation at the National Circus School in Montreal, one of the best circus schools in the world. In addition to his artistic qualifications, he has also obtained his Level II coaching certification from the International Wheel Gymnastics Federation. He is a key figure in the development of the new Cyr Wheel Code of Points and will be Head Judge for Cyr Wheel in the World Championships representing Canada.	Yes <i>(Tuesday through Saturday only, not available during Cyr Wheel Competitions)</i> Specialties: All levels Cyr Wheel & Wheel Gymnastics, conditioning, performance feedback
Yasuhiko Takahashi	Yasuhiko made history in 2013 when he became the first non-German in the history of Wheel Gymnastics to win the men's All-Around World Champion title. Since then, he has collected 5 individual Gold and 2 Bronze medals at World Championships. He is coming to Cincinnati to defend his titles and will be presenting a Turnfest seminar titled, "Road to becoming World Champion".	No
Katja Homeyer	The former World Champion and National Coach for Germany has more than 30 years of coaching experience and has produced many World Champions. In the past 15 years, she has systematically coached a group of boys and girls who are currently dominating the World Junior and Senior Elite. She has assembled her unique experiences and training approach in a manual which she will introduce during her workshop, "Coaching strategy to raise elite Wheel Gymnasts".	No
Paula Lord	A former Rhythmic Gymnast and professional dancer, Paula founded GymRoots Inc., a training centre specializing in improving body functionality. Her methods focus on developing a strong mind-body connection to achieve long lasting effects in pain-management, posture analysis, performance improvement, and functional conditioning for professional athletes. She has also published a book titled "Perfect 10 Posture". Paula will give workshops on Perfect 10 Posture, dance, choreography and functional conditioning for gymnasts.	Yes <i>(Tuesday and Wednesday only)</i> Specialties: Functional Conditioning, Expression, Choreography, Rhythmic Gymnastics
Wolfgang Bientzle	"Mr. German Wheel" Wolfgang Bientzle has devoted his life to developing Wheel Gymnastics worldwide. His journey started in Taunusstein, Germany, where he trained to become multiple time World Champion and a professional Gym Wheel Artist. As a coach for over 30 years, he has made a name by producing many National and World Champions as well as successful professional Wheel artists. He has introduced and developed the sport in many countries, particularly in the USA where he founded CirquesExperience and the Wheel Jam in 2011. Wolfgang will present a seminar on "How to start a Wheel Club?" and "How to make a living from Wheel Gymnastics".	Yes <i>(Thursday, Friday, Saturday only)</i> Specialties: All levels Wheel Gymnastics, new and difficult to spot elements, competitive and show, advice on how to go professional and how to start a Wheel club
Roberto Arego	Roberto is a former National Team for Acrobatics member and now works as Acrobatics and Circus Arts coach (Graduate of the School of	Yes Specialties: Acrobatics,

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Bedevia	Circus Arts in Moscow). He furthermore holds a licensure in Physical Culture with Specialty Artistic Gymnastics (Institute of Physical Culture, Havana, Cuba). At the Turnfest, he will give workshops in acrobatics and handstand.	Partner-acrobatics, Handstand, Choreography
Hauke Narten	Hauke is the defending World Champion in Cyr Wheel and will be presenting a workshop titled "How to build a Cyr Wheel routine". In addition to his Gold medal in 2015, the former Wheel Gymnast (top five in Germany) has won multiple National Championships as well as a Silver medal at the World Championships in Chicago in 2013. He has earned a reputation for his ability to create entertaining routines within the framework of the code of points.	Yes <i>(Saturday morning and Tuesday morning only)</i> Specialties: Everything Cyr Wheel, Competitive routines
Julius Petri	Julius is a multiple time World Champion in Wheel Gymnastics with 20 years coaching experience. Originally from Taunusstein, Germany, he has travelled the world giving Wheel Gymnastics workshops and working as a professional Wheel artist. He is an IRV certified Level II coach and holds a Bachelor's degree in Sports Science from the University of Cologne.	Yes Specialties: All levels Wheel Gymnastics, difficult to spot elements, competitive and show, functional conditioning
Alina Dominguez Barizonte	Alina is a professional dancer and choreographer from Cuba. She studied dance at the National Arts School in Havana, Cuba, and works as Bailarina Profesional at Conjunto Nacional de Espectáculo. At the Turnfest, she will give several workshops in dance and choreography. In addition, she will be available for private sessions to give feedback on performance acts or music routines.	Yes Specialties: Cuban dance, other dance styles, choreography, music routine feedback
Paul Miller	Paul is a visionary for the use of Circus for youth and community development and social initiatives. After completing a degree in Dramatic Performance at the University of Cincinnati he founded several Circus Schools and social community programmes, among them Circus Mojo and the Social Circus Foundation in Cincinnati. For his work in children's hospitals Paul was awarded the 'Distinguished Fellow Award' from the Arts and Health Alliance in 2014. At the Turnfest, Paul will share his experiences ON an OFF stage and is available for private sessions.	Yes Specialties: Social Circus Business start-ups, Program Management, Hospital work, working with Children, Juggling, Clowning, Balancing
Julia Pohling	Julia is a multiple time World Champion in Wheel Gymnastics with 20 years coaching experience (Level II). Originally from Taunusstein, Germany, she has settled in St. John's, Canada, where she founded 3SIXTY Wheel Gymnastics, a non-profit youth program for Wheel Gymnastics and Cyr Wheel. She is a regular coach and coaching clinic instructor at the Chicago Wheel Weekend.	Yes Specialties: All levels Wheel Gymnastics, music routines, competitive Wheel Gymnastics, technical difficulties.

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Turnfest Schedule *

Monday June 20th

Time	Turnfest American Style Events	WC Events
08:00am		
09:00am	Morning Circus Fun (Juggling, balancing, games etc.)	Yasuhiko Takahashi: "Road to becoming World Champion"
10:00am		
11:00am	Wolfgang Bientzle: "How to make a living from Wheel Gymnastics"	Training
12:00pm		
01:00pm	Turnfest performances	
02:00pm	Aerials: Try-out silks, trapeze and ring (Sharon Miller Alvarez)	
03:00pm		
04:00pm	Wheel Gymnastics and Cyr Wheel for all levels	
05:00pm		
06:00pm	Zumba (Circus Mojo - Renee Miller)	
07:00pm		
08:00pm	World Championships Opening Ceremony	
09:00pm		
10:00pm		

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Tuesday, June 21st

Time	Turnfest American Style Events	WC Events
08:00am		Warm-up Senior Men
09:00am	Paula Lord: "Perfect 10 Posture Part 1: Prepare the body, includes Pilates"	
10:00am	Hauke Narten: "Tips and tricks on how to build a Cyr Wheel routine"	
11:00am	Tight wire (Circus Mojo)	All-around Qualification Senior Men
12:00pm		
01:00pm	Turnfest performances	Warm-up Senior Women
02:00pm	Cyr Wheel for all levels (Eric Deschenes)	
03:00pm		
04:00pm	Choreography (Paula Lord)	All-around Qualification Senior Women
05:00pm		
06:00pm	Conditioning and stretching for gymnastics (Paula Lord)	
07:00pm		Warm-up Junior Girls
08:00pm		
09:00pm		Warm-up Cyr
10:00pm		

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Wednesday, June 22nd

Time	Turnfest American Style Events	WC Events
08:00am		Warm-up Junior Boys
09:00am	Paula Lord: "Perfect 10 Posture Part 2: Prepare the body and the brain"	Warm-up Cyr Men
10:00am		
		All-around Junior Boys and Cyr Technical Program Men
11:00am	Wheel Gymnastics for all levels	
12:00pm		
	Turnfest performances	Warm-up Junior Girls
01:00pm		
02:00pm	Dance (Alina Dominguez Barizonte)	
03:00pm		All-around Junior Girls 1st half
04:00pm	Aerials: Try-out silks, trapeze and ring (Sharon Miller Alvarez)	
05:00pm		Warm-up Cyr Women
	Stretch and Conditioning (Paula Lord)	All-around Junior Girls 2nd half and Cyr Wheel Women
06:00pm		
07:00pm		
08:00pm		
09:00pm		

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Thursday, June 23rd

Time	Turnfest American Style Events	WC Events
08:00am		
09:00am	🌀 Katja Homeyer: "Coaching strategy to raise elite Wheel Gymnasts"	
10:00am		
11:00am	Partner acrobatics and Handstand (Roberto Arego Bedevia)	
12:00pm		Warm-up Cyr Free Program
01:00pm	Turnfest performances	
02:00pm	Wolfgang Bientzle: "How to start a Wheel Club?"	Free Program Cyr Wheel
03:00pm		
04:00pm	"Introduction to Coaching Competitive Wheel Gymnastics"	
05:00pm		Warm-up Senior All-around Finalists
06:00pm		
07:00pm	Senior All-around Final	
08:00pm		
09:00pm		

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Friday, June 24th

Time	Turnfest American Style Events	WC Events
08:00am		
09:00am	Dance (Alina Dominguez Barizonte)	
10:00am		
11:00am	Wheel Gymnastics Level Testing (CirquesExperience)	IRV Presentation "Agenda 2020"
12:00pm		
01:00pm	Partner acrobatics and Handstand (Roberto Arego Bedevia)	Turnfest performances
02:00pm		
03:00pm	🌀 Allan Roysdon: "Judging made easy Part II: Wheel Gymnastics - Vault"	Warm-up Team Finalists Warm-up Cyr Finalists
04:00pm		
05:00pm	Juggling and Balancing (Circus Mojo)	
06:00pm		
07:00pm	Team Final and Cyr Wheel Final	
08:00pm		
09:00pm		

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Saturday, June 25th

Time	Turnfest American Style Events	WC Events
08:00am		
09:00am	Morning Fitness (Yoga, Pilates or Cardio)	Wheel Gymnastics and Cyr Wheel for all levels
10:00am		
11:00am	Aerials: Try-out silks, trapeze and ring (Sharon Miller Alvarez)	Warm-up Junior Finalists Warm-up Senior Finalists
12:00pm		
01:00pm	Turnfest performances	Junior Finals Award Ceremonies at: 01:35 02:35 03:35
02:00pm		
03:00pm		
04:00pm		Senior Finals Award Ceremonies at: 06:35 07:35 08:35
05:00pm		
06:00pm		
07:00pm		
08:00pm		Farwell Party
09:00pm		
10:00pm		

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