

REGION 5 TRAINING CAMPS

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SUPER CAMP

THANK YOU TO ALL SUPER CAMP CLUBS, COACHES AND CAMP MANAGERS!

This year we had an amazing turn out for Super Camp. For the first time we needed to add a 3rd site to host all those clubs that sent in entries. We had over 130 gymnasts at Naperville, 156 at Queen City and 108 in our 3rd location Deveaus. We would like to thank our host for the use of their great facilities. We realize it takes extra effort to adjust their gyms normal routine to allow R5 athletes in. Thank you to all coaches and judges who made camp an amazing experience for the athletes

HOT SHOT

Hot Shot camp is filling please send in you entries asap. We have another great location along with some great staff for camp. Please send you entry along with Staff information, including what events staff would like to work on. We would like to "close" camp by Aug 31.



HIGH TECH

Hi Tech is also filling. Please send in your entries of Level 10 National qualifiers. This is a great camp and will be hosted at U of MI, an amazing facility. This year we have had many NIT and Alternate and 9 national champ entries. We will be filling camp in Rank order elites-10 national qualifiers-alternates. We need to have all entries of National Qualifiers in so then we may work on adding athletes IF there is any room.

FORWARD P

Forward Progress in the North facility has around 90 entries please send in your entries and coach event request asap. We will be filling some of the remaining spots with athletes who do not get in to hi tech We have lots of room in the South. Please send entries asap so we can get organized.

Region 5 Camp Staff

Please fill out your coaches who will be attending camp and which events they plan on working. In order to receive R5 Apparel you need to coach a complete camp- that is all three days of camp. This helps camp run in a true and consistent fashion.

This year I hope Glen Willmeng or myself (Dave Rawles) will be at most camp sites. If not we will assign a camp manager for each weekend. Most likely the gym owner or head coach of the facility. At camp they will be your manager and run the camp for the weekend.

They will run Check In, Region 5 camps rules, and staff meetings. We will also assign a head clinician to help organize each event; they will also be in charge of lesson planning with event staff the workouts for the weekend



USA GYMNASTICS
TRAINING CAMPS 2009

AUGUST 7, 8, 9, 2009

SUPERCAMP WEST

Naperville Gymnastics
1743 W. Quincy Suite 111
Naperville IL 60540

AUGUST 7,8,9,2009

SUPERCAMP EAST

Queen City Gymnastics
7900 E. Kemper Rd
Cincinnati, OH 45249

SEPTEMBER 11-13, 2009

HOT SHOT CAMP

Integrity Gymnastics
8185 Business Hwy
Plain City OH 43064

OCTOBER 2,3,4 2009

HIGH TECH CAMP

University of Michigan
Ann Arbor MI
Shepard Center

NOVEMBER 6,7,8,2009

FORWARD PROGRESS N

KidSports USA
6712 NCC Parkway
Kalamazoo MI, 49009

NOVEMBER 6,7,8 2009

FORWARD PROGRESS S

Southern Indiana Gymnastics
4343 Security Pkwy
New Albany, IN 47150