



2018 REGION 7 PRE-SEASON PREP TRAINING CAMP

- When:** July 13-15, 2018
Section A. Friday-Saturday, July 13-14: Level 8
Section B. Saturday-Sunday, July 14-15: Level 9 and 10
- Where:** World Class Gymnastics
343 Bell King Rd. Newport News, VA 23606
(757) 881-9920
Directions to gym available on www.worldclassgym.com.
- Who is Eligible?** Gymnasts who competed optionals in 2018 and who will qualify to a minimum of Level 8 in 2018-19.
Athletes will be grouped first by level then club.
100 gymnasts will be accepted per level on a first come, first serve basis
- Camp Highlights** **FORMAT:** 3 sessions of rotations lead by master clinicians with demonstrated success regionally and/or nationally. Supplemental training events include running, yoga, dance, artistry, conditioning and more!
Note: First session will include supplemental events for athletes while personal coaches work with Master Clinicians. Sessions 2 and 3 will include core events for athletes with their personal coaches, with oversight from Master Clinicians.
New for 2018: Master Clinician for Trampoline drills - Welcome, Trampoline Specialist Joy Umenhofer-Stovall!
- Camp Entry Fee:** \$175.00 per gymnast (includes camp leotard and one (1) meal during camp).
Coaches without gymnasts and non-working judges: \$50.00
Registration deadline: 06/1/2018 – but recommend entering right away as camp fills before deadline. NO refunds after 06/1/2018.
- Clinic filled prior to the deadline last year – so get entries in early!**
- Confirmations will be emailed to contact once all parts of entry and payment are completed. A list of accepted clubs will be posted on the Region 7 website www.region7usagym.com.
- Meals:** One meal during camp is included in the registration fee for athletes. Meals will also be provided for clinicians, coaches and working judges.
- Hotel:** Host Hotel information:
Courtyard Newport News Airport: 530 St. John's Road, Newport News, VA 23602 757-842-6212 (hotel).
\$119.00 plus taxes for King with pullout sofa. Cut off date is June 8, 2018. Rate: *World Class Gym*. After that date reservations will be accepted on a space available basis. Five minutes from World Class Gymnastics.
[Book your group rate for World Class Gym](#)
- Registration:** Please see the next page for complete instructions for registering for Pre-Season Prep Training Camp. Please register early as the camp fills quickly and be aware that a club is not officially registered for camp until an email confirming registration and payment received is sent by the Camp Administrator.
- Contacts:** Questions regarding registration: Camp Administrator Debbie Le Moal (cell) 757 880-4348 or gym sme2@aol.com.
All other camp inquires: Camp Director Linda Johnson, RJOCC r7jocc@gmail.com

Registering for 2018 Pre-Season Prep Training Camp

Please follow directions completely. A club is not officially registered until an email from the Camp Administrator confirms acceptance.

To be eligible to attend camp, a gymnast must have competed Optional in 2018 and will qualify to a minimum of Level 8 in 2019.

Step 1: Registration

1. Go to Meet Reservations on www.usagym.org on or after March 1, 2018.
2. Click on SEARCH FOR MEETS, enter Discipline: WOMEN State: VA , then select Pre-Season Prep Training Camp from the list.
3. Enter gymnasts and coaches on Meet Reservations. (Coaches attending without gymnasts and non-working Judges should follow this same process.)
4. Complete the SUMMARY AND PAYMENT FORM on the next page and mail with a check payable to WORLD CLASS GYMNASTICS. Please include a printout of the Meet Reservation entry. The **postmark on the payment envelope** will determine where the club is placed in line to enter the camp. Regular mail is acceptable since the determination is the postmark, not the day it is received. The Meet Reservation entry is NOT the date used: the payment postmark is the date used. The postmark cannot be before the official start date of March 1, 2018.
5. A club is not accepted to camp at this point.

Step 2: Confirmation and follow up

1. The Camp Administrator will email the contact listed on *Summary and Payment Form* (see next page) with the status of the entry: accepted to camp, waitlisted, or session requested is closed. Once the camp is officially closed, we will no longer accept entries on Meet Reservations.
2. The email will also have an attachment with the entries downloaded from Meet Reservations. The club will need to complete the Excel spreadsheet with the following information:
Athlete: Level in 2018, expected Level in 2019, graduation year, GK Leotard size
Coach: T shirt size
3. The completed attachment will need to be returned to the Camp Administrator within one week of day email was sent.
4. A list of accepted clubs will periodically be posted on <http://www.region7usagym.com/>

Step 3: Changes

1. Changes to the gymnast roster or coaches roster will need to be emailed to the Camp Administrator at gysme2@aol.com. Confirmation of the change will be emailed back to the contact.
2. The deadline for refunds is 6/1/2018. We would really appreciate it if you would let us know of scratches as soon as possible. This camp always has a waitlist and we would like to get as many gymnasts in as possible.

If you have any questions about registration, please email

Camp Administrator Debbie Le Moal at gysme2@aol.com

2018 Pre-Season Prep Training Camp

Summary and Payment form

Club Name _____

Club Number _____

Contact Name _____

Contact Phone _____

Contact email _____

Club Address _____

Based on the Meet Reservation entry already completed:

Total number of gymnasts entered in the Level 8 Camp _____

Total number of gymnasts entered in the Level 9/10 Camp _____

Grand total of gymnasts entered _____ @ \$175 = \$ _____

Or

Coaches entered without gymnasts _____ @ \$50 = \$ _____

Non-working Judges _____ @ \$50 = \$ _____

Please make check payable to WORLD CLASS GYMNASTICS. *Remember the postmark on the envelope with this form and payment is the date used to determine if accepted to camp. Please read all instructions about registering for camp.*

Please mail to:

Pre-Season Prep Training Camp

World Class Gymnastics

343 Bell King Rd

Newport News, VA 23606

Camp Schedule (TENTATIVE: START TIMES WILL NOT CHANGE)

Gymnasts should register for the camp based on their 2018-19 expected competitive level. Check the Region 7 website for schedule updates.

Level 8

Friday, July 13

12:00pm-12:30pm Registration
 12:30pm – 7:40pm Warm up/Rotations (includes meal break – meal provided.) *Coaches will attend JO Update during lunch.*

Saturday, July 14

8:00am – 11:50 am Warm up/Rotations
 11:50-12:00 Closing/Departure

Level 9 & Level 10

Saturday, July 14

12:00pm – 12:30pm Registration
 12:30pm – 7:40 pm Warm up /Rotations (includes meal break – meal provided.) *Coaches will attend JO Update during lunch.*

Sunday, July 15

8:30am – 12:20pm Warm up/Rotations
 12:20pm-12:30 Closing/Departure

Skill Focuses Per Level

	VAULT	BARS	BEAM	TUMBLING
Level 8	Yurchenko Drills	Circle elements, Overshoot drills	Backward series Connections, RO Dismounts	Backward twisting, Forward combos
Level 9	Yurchenko Drills/Downhill Upgrades	Pirouetting, Bar transitions	Series connections, Aerial/salto single Skills	Double salto, combo (front or back)
Level 10	Yurchenko Drills/Downhill Upgrades	Single bar releases, Dismount upgrades	Series connections (including counter, Dance-acro), aerial/single salto skills	Double salto Upgrades, combo

Check the Region 7 website for updates!

Information for Registering for Region 7 Training Camp

1. Please follow the instructions in this packet for registering for Pre-Season Prep Training Camp. Any update will be posted on <http://www.region7usagym.com/>
2. The camp fills prior to the deadline, so be sure to enter early. No refunds after 6/1/2018.
3. Please review the camp skills list before entering gymnasts. We will do our best to change levels as requested, but since the camp traditionally fills changing from one camp to the other may not be possible.
4. Be sure to include leotard sizes for all gymnasts. Leotards will be pre-ordered – **what you order is what they will get!** Remember that athletes tend to grow over the summer.

Link to GK Sizing chart

<http://images.gkelite.com/images/static/sizecharts/size-charts-inches-womens-leos.pdf>

5. Your gymnasts will be grouped by Level and by Club whenever possible. All gymnasts must be accompanied by a coach. If you are sending more than five (5) gymnasts for one camp, **please send at least two (2) coaches!**
6. **ALL COACHES AND JUDGES MUST BE CURRENT USA GYMNASTICS PROFESSIONAL MEMBERS, AND MUST PRODUCE CURRENT USA GYMNASTICS CARDS AT REGISTRATION FOR VERIFICATION.**
7. Confirmations will be posted on the Region 7 Website: www.region7usagym.com.
8. Please share with parents that the gym's lobby will be used for the clinic immediately following registration so there is not any spectator area.
9. Coaches will be given camp leotards at coaches' check in. Gymnasts wear the camp leotard on their second day of the clinic. (Level 8's wear Saturday. L9/10 wear Sunday.)
10. Parking for coaches is available in the front and back of World Class Gymnastics. Parents are welcomed to come in for Registration and then will need to leave as the lobby is used in the clinic. Please don't park where is says "Private" such as the Keller America building next to World Class Gymnastics. There should be plenty of parking available on World Class Gymnastics parking lots.