



2012 REGION 7 PRE-SEASON PREP TRAINING CAMP

When: July 13th -15th, 2012
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 Region 7 website

Who is Eligible? Gymnasts who competed optionals in 2012 and who will be competing at Levels 8, 9 and 10 in 2013. **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: 14 rotations lead by master clinicians with demonstrated success regionally and/or nationally. Supplemental training events include dance, conditioning, flexibility, art, and more! Check the Region 7 website for updates.
Note: First rotation on core events (V, UB, BB, TU) will focus on basics/shaping. Second rotation will focus on drills For specific skills. See below for specifics per level.

Camp Entry Fee: \$155.00 per gymnast (includes camp leotard and one (1) meal during camp).
Coaches without gymnasts and non-working judges: \$50.00
Registration deadline: 06/16/2012
NO refunds after 06/29/2012

Please send all club entries in one mailing and include all fees in ONE (1) CHECK!

Confirmations will be posted on the Region 7 website

Meals: The one meal during camp is included in the registration fee for athletes. Meals will also be provided for clinicians, coaches and working judges.

Hotel: **Courtyard by Marriott** - 757-842-6212
530 St. Johns Rd.
Newport News, VA 23602
We are listed under "PSPC" group rate. The nightly room rate is \$109.00 Please make reservations early. The cut off is 6/13/2012. The hotel has a pool and is located by shops and restaurants. The hotel is less than 2 miles away from World Class Gymnastics.

Contact: Registration forms with payment should be mailed to:

World Class Gymnastics
Pre-Season Prep Clinic
343 Bell King Rd.
Newport News, VA 23606

Questions regarding registration: Debbie Le Moal (cell) 757 880-4348, (fax) 757 881-9923 or gymsme2@aol.com.

All other camp inquires: Linda Johnson, RJOCC
ljohnson.60@comcast.net

Camp Schedule (TENTATIVE: START TIMES WILL NOT CHANGE)

Gymnasts should register for the camp based on their 2013 competitive level. Check the Region 7 website for schedule updates.

Level 8

Friday July 13th

11:30am – 12:00pm Registration
 12:00pm – 8:30pm Warm up/Rotations (includes meal break)

Saturday July 14th

8:00am – 12:30pm Warm up/Rotations
 12:30pm Closing/Departure

Level 9 & Level 10

Saturday July 14th

12:30pm – 1:00pm Registration
 1:pm – 5:30 pm Warm up /Rotations (includes meal break)

Sunday July 15th

8:30am – 4:00pm Warm up/Rotations
 4:00pm 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!

2012 Region 7 Pre-Season Prep Registration Form

July 13-15, 2012 @ World Class Gymnastics

(please photocopy form if you have additional entries)

Club _____ Club ID# _____

Contact _____ Phone _____

E-mail (please print clearly) _____

GYMNASTS: Please, **ONLY GYMNASTS WHO COMPETED OPTIONALS** IN 2012; register athletes at their 2013 competitive level. **ALL GYMNASTS MUST ATTEND CAMP WITH A COACH!** If you have more than five (5) gymnasts registered, please send at least two (2) coaches.

NAME	USAG #	Year of graduation	2012 Level	2013 Level	Current GK leo size

COACHES /JUDGES: ALL COACHES AND JUDGES MUST BE CURRENT USAG ACTIVE PRO MEMBERS AND MUST PRODUCE USAG CARDS AT REGISTRATION FOR VERIFICATION IF NEEDED!

NAME	USAG #/EXP DATE	COACH	JUDGE/RATING/ WORKING? Y/N	SHIRT SIZE

GYMNASTS _____ X \$155.00 _____

Coaches without gymnasts or non working judges _____ X \$50.00 _____

TOTAL = _____

Make checks payable to "WORLD CLASS GYMNASTICS" - PLEASE only one (1) check per club!

Send registration forms and payment to: World Class Gymnastics
 Pre-Season Prep Clinic
 343 Bell King Rd.
 Newport News, VA 23606

Instructions for Registering for Region 7 Training Camp

1. Please include all registrations for your club in one mailing.
2. Be sure to complete all fields on the registration form.
3. Please print your contact information clearly (particularly e-mail addresses) in case there are questions with apparel.
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.
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!** I will try to post groups on the Region 7 website ahead of time to help you with planning.

6. ALL COACHES AND JUDGES MUST BE CURRENT USAG PRO MEMBERS, AND MUST PRODUCE CURRENT USAG CARDS AT REGISTRATION FOR VERIFICATION.

7. Include **one (1) check** per club payable to “WORLD CLASS GYMNASTICS.”
Mail registration with payment to:

**World Class Gymnastics
Pre-Season Prep Clinic
343 Bell King Rd.
Newport News, VA 23606**

Direct questions regarding registration to **Debbie Le Moal**; gymsme2@aol.com

8. Confirmations will be posted on the Region 7 Website: www.region7gymnastics.com, then look under “Education” and then “Clinics.”