

2010 "TEAM SEVEN EDGE"



Where: Ocean Tumblers, 912 Professional Place, Chesapeake, VA 23320 (directions to gym will be available at regionals)

When: Monday April 12 (following Level 10 Regionals)

Time: 8:30am-1pm

Who: All gymnasts who have qualified to nationals, and alternates, and their coaches

Note: All gymnasts attending this clinic must be accompanied by a coach from their gym (preferably the coach that will be attending nationals)

Free to all gymnasts, coaches and judges. Region 7 will pay entry fees to nationals for all gymnasts who attend the clinic with their coaches. This is a sanctioned event and Regional CPE's will be awarded to judges in attendance.

The objective of this camp is to unify the gymnasts and coaches in preparation for the best outcome at nationals. This will include a training day simulation to prepare for training at nationals. The gymnasts will then be grouped according to age group, and 2 age groups will rotate to each event. Team leaders will be assigned to each age-group to help strategize equipment settings and warm-ups for each event. Warm-up format will be practiced at each event. Judges will be assigned to each event to review deductions from regionals.

It will be a packed but productive morning!!! Be ready to start at 8:30 sharp.

Schedule:

8:15-8:30	Registration Please sign-in on sanction form!
8:30-8:45	Opening/Icebreaker/Meeting with Athletes
8:45-9:15	Warm-Up/Meeting with Coaches/Judges
9:15-12:15	Rotations
12:15-12:45	Training Day Simulation
12:45-1:00	Closing

Registration forms for Team 7 Edge will be available at Regionals when you pick up your packets for nationals.

T Together
E Effort
A Attitude
M Magnificent

Go Region 7!