



## **2010 REGION 7 HIGH PERFORMANCE CLINIC**

### **Fact Sheet**

**Who:** All Level 9 and 10 Gymnast who qualified to **2010 JO Nationals, NIT and Easterns**, plus **alternates**, are invited to attend! **Gymnasts MUST attend with a coach!**

**Date:** Sept.10-12, 2010

**Location:** Woodward Gymnastics Camp, Woodward, PA

Directions to Woodward can be found on their website:

<http://www.campwoodward.com/wweast/home.html>

**Fee:** \$225.00 per gymnast (includes leotard, 2 nights cabin lodging, 5 meals)  
Coaches bringing athletes pay \$75.00 for lodging and 5 meals. Coaches bringing gymnasts will receive Region 7 jackets (**maximum of 2/club free for coaches attending the clinic**). **Additional jackets may be purchased using the registration form.** Use unisex sizing.

**Judges working at the camp will attend free** (includes 2 nights lodging, 5 meals, t-shirt)

**Coaches without athletes and non-working judges are welcome to attend to observe.** You must pre-register. Fee: \$75.00 to cover lodging and meals at Woodward. Make payment to USAG-Region 7.

**Gymnasts, coaches and judges must pre-register!**

**Registration Deadline:** August 18, 2010. **NO REFUNDS after August 20.**

Confirmations will be posted, by club, on the Region 7 website:

<http://www.region7gymnastics.com>

**Liability and Medical Forms:** All gymnasts must bring a completed medical form (attached) completed by a parent/legal guardian. Coaches must complete the liability waiver (attached).

**Lodging:** Athletes will be assigned to cabins and will need to bring their own bedding and towels. Clinicians, coaches and judges will be assigned lodging available that may include cabins (requiring bedding and towels). There is ample lodging to accommodate all athletes, coaches and judges.

\*Assignments for lodging will be made on a first-come, first-served basis for type of lodging. Lodging assignments will be posted on the Region 7 Website after Sept. 1.

(see reverse for additional information)

**Chaperones:** Athlete cabins will be chaperoned by college gymnasts from area colleges.

**General Schedule (tentative: check the Region 7 website for updates):**

<b>Friday</b>	<b>3-8pm</b>	<b>Check-in/Dinner*</b>
	<b>8-9pm</b>	<b>Camp Opening/Woodward Tour</b>
	<b>9:30pm</b>	<b>Athletes in cabins</b>
	<b>10:00pm</b>	<b>Lights out</b>
<b>Saturday</b>	<b>7:30-8:30am</b>	<b>Breakfast</b>
	<b>8:30-12:00pm</b>	<b>Warm-up and Rotations</b>
	<b>12:00-2:00pm</b>	<b>Lunch</b>
	<b>1:00-2:00pm</b>	<b>All-Star Team Meeting</b>
	<b>2:00-5:30pm</b>	<b>Warm-up and Rotations</b>
	<b>6:30-9:30pm</b>	<b>Athlete Pizza and Pool Party</b>
		<b>Coaches/Judges Dinner</b>
	<b>9:30pm</b>	<b>Athletes in cabins</b>
	<b>10:00pm</b>	<b>Lights out</b>
<b>Sunday</b>	<b>7:30-8:30am</b>	<b>Breakfast</b>
	<b>8:30-12:00pm</b>	<b>Warm-up and Rotations</b>
	<b>12:00-1:00pm</b>	<b>Lunch</b>
	<b>1:00-3:00pm</b>	<b>Rotations</b>
	<b>3:00-3:30</b>	<b>Camp Closing/Prizes</b>
	<b>3:30pm</b>	<b>Departure</b>

\*sandwiches and pizza will be available at the Canteen between 5:30-7pm.

Return completed registration form with club check payable to  
"USAG-Region 7" to: Chris Erickson, 46 Jeremiah Collett Rd  
Glen Mills, PA 19342

**ALL GYMNASTS MUST ATTEND CAMP WITH A COACH!  
REGISTRATION DEADLINE IS AUGUST 18, 2010. NO REFUNDS  
AFTER AUGUST 20!!**

**Questions?** Contact Linda Johnson at [ljohnson.60@comcast.net](mailto:ljohnson.60@comcast.net) or  
(410) 721-5853

**Check the Region 7 Website for Lodging Assignments!  
Remember to bring bedding and towels to camp!**

### Instructions for Registration Form

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 (especially email addresses) in case there are questions with apparel.
4. Please remember that your gymnasts will be grouped according to age/level where possible. If you have more than 5 gymnasts attending, please send at least 2 coaches!
5. Be sure to include current leotard sizes (GK) for all gymnasts. Leotards will be pre-ordered—what you order is what they will get!
6. We are able to provide apparel for coaches attending with athletes, with a maximum of 2 jackets per club. This allows us to allocate more money toward the leotards for the gymnasts, and to help with the athlete fund. Additional pieces may be pre-ordered at cost. Additional jackets may be purchased for \$30.00. Use unisex sizing.

After the clinic additional apparel purchases can be made online. A link will be available on the Region 7 website.

7. All gymnasts must bring a completed medical form (attached) completed by a parent/legal guardian. Coaches must bring a completed liability waiver (attached). Photocopy these forms as necessary.
8. Include one club check per club payable to "USAG-Region 7"  
Send registration forms with payment to:

Chris Erickson  
46 Jeremiah Collett Rd  
Glen Mills, PA 19342

Registration forms are due August 18! NO REFUNDS AFTER AUGUST 20!  
See Reverse for Registration Form