



2016 Region 5 Training Camps

*******2016 Training Camps have a renewed and revised format. Please take a moment to review the following information.**

Registration for ALL CAMPS will begin Monday June 6.

All registrations will be online. www.trainingcamps.region5.com. Payment will be submitted by check to Region 5. Registration will not be considered complete until payment is received. Please use 2016 state meet level to enter.

ENTRY FEE: \$135/GYMNAST

Mail Payment & Hard copy entry to:

Region 5 Training Camp Entry

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NEW CAMP FORMAT

Each camp will have 2 sessions. A morning and afternoon session on Friday and Saturday. On Sunday both session will come together. All camps will have organized gymnast social events and coaches round tables.

Sample Schedule

Friday & Saturday

8:00-8:30 Check in for session 1

8:30-9:00 warm up

9:00-2:00 Rotations

2:00-2:30 Check In for session 2

2:30-3:00 warm up

3:00-8:00 Rotations

Sunday

9:00-2:00 Session 1 & Session 2 **Region 5 Camaraderie and Spirit.** This day will include events like....sports psych, nutrition, injury prevention, judging, leadership, interviewing skills, **REGION 5 CHEERS, REGION 5 MARCHING, REGION 5 GOALS FOR NATIONALS!!!!**

August 5,6 & 7, 2016

Super Camp Registration dates June 6- July 8

Integrity Gymnastics Ohio

Camp Description

We will be conducting 2 Super camp sessions each day.

Super Camp will be focused on beginning to intermediate optional gymnastics. With a congress/clinic approach. For example...The gymnasts and coaches may learn everything from A to Z about twisting on floor. Drills, prerequisites, strength and spotting.

Super Camp criterion for gymnasts is past season Level 6-10.

September 9,10 & 11, 2016

Forward Progress & Hot Shot Registration dates June 6- August 5

JPAC Indiana

Camp Description

Hot Shot Camp session 1 and Forward Progress Camp session 2

Forward Progress Criterion for gymnasts is past season Levels 9 & 10

Hot Shot Camp Requirements have been revised. Below are the new requirements:

- Gymnasts Level 4-10 must be 12 or under
(on the culminating date of their 2016 state meet).

- Gymnasts that competed level 4, 5, or 6 in 2016 must have scored a minimum of a 37.00 All Around at their state meet. (Score requirement is firm)

Gymnasts must be mentally and physically competent to perform the following skills without a spotter for evaluation on day one of the camp:

Vault

Strong Handspring Vault

Bars

Kip cast to handstand

Giant (may be on a single high bar)

Cast to flyaway

Beam

Standing back handspring or round off on high beam

Floor

Strong back layout (at shoulder height)

Two element front pass with a minimum of one salto

October 7,8 & 9, 2016

High Tech & High Performance Registration dates June 6- September 2

University of Michigan

Camp Description

High Performance Camp session 1 and High Tech Camp session 2 . We have invited college coaches to attend this training camp.

High Tech Camp Criterion

- Current Elites
- Current Level 10 JO National Qualifiers and Alternates
- 2015 Level 10 JO National competitors that did not compete in 2016 regionals due to injury or illness.

High Performance Camp Criterion

- Level 10 Regionals 36 AA or above at Regionals
- Eastern National competitors 36 AA or above at Eastern Nationals

November 4,5 & 6, 2016

Hot Shot & Forward Progress Registration Dates June 6- September 30

Naperville Gymnastics Illinois

Camp Description

Forward Progress Camp session 1 and Hot Shot Camp session 2.
See above for Hot Shot and Forward Progress criteria.

November 4,5 & 6, 2016

Forward Progress

Legacy Gymnastics Kentucky

Camp Description

This camp will have 1 session each day. Times TBD.
See above for Forward Progress criteria.