

## 2016 Region 5 Training Camp Coaches Information

### Camp Goals

**\*Working together**

**\* Sharing ideas**

**\*Share techniques**

**\*Build team camaraderie for Region 5**

Coaches and Clinicians are reminded of the long term benefits attached to basics and that this is a task worth pursuing. Let's develop a real passion for perfection. There is always room for improvement, every volunteer needs to have a strong desire to make an impact on the coaches and gymnasts who come to camp to learn "The Ways of the Region 5 Force".

Attached is the 2016 Coaching assignments for High Performance & High Tech, please read the below information for details.

- Coaches whose names are in **bold** are lead technicians and should have a lesson plan. Support coaches are there to assist
- Attempts were made to honor all coaching event requests. However, some switching was necessary. Thank you for being supportive!!
- See attached for focal points for events.
- Coaches only need to attend the session their gymnasts are in.
- Coaches must stay the entire session. Coaches are required to be at camp all 3 days to receive credit for National Apparel.
- Gymnasts must have a coach present to participate.
- 10 rotations, 30 minutes, there is a 15minute break Fri/Sat. Sunday is 5 rotations, 30 minutes. Coaches will be attending a round table discussion.
- Coaches should wear meet appropriate attire. Region 5 clothes would be awesome!

Thank you very much for volunteering your time and talents and sharing your ideas to improve Region 5 gymnastics. Because of you and your passion and dedication to the sport of gymnastics and region 5 we have experienced more success over the past 30 + years than any other region. We want to keep that tradition going and it starts with our training camp. If you have any questions, please contact Lori Koch

