

2017 Region 5 Training Camp Coaches Information

Camp Goals

*WIN NATIONALS

*Build Region 5 Camaraderie

* Share ideas & techniques

*Create Positive/ Winning Habits

Coaches and Clinicians need to understand the long term benefits attached to basics and that they are 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 2017 Coaching assignments for Hot Shot & Forward Progress please read the below information for details.

All Coaches Professional Memberships Must Be Current.

U110 is new this year!!!

- Coaches whose names are in **bold** are lead technicians and should have a lesson plan. Support coaches are there to assist
- See attached for focal points for events.
- Coaches only need to attend the session their gymnasts are in.
- Coaches must stay the entire session. **Gymnasts must have a coach present to participate.**
- 10 rotations, 30 minutes, there is a 15 minute break Fri/Sat. Sunday is 5 rotations, 30 minutes. Coaches will attend a roundtable session.
- Coaches should wear meet appropriate attire. Region 5 clothes would be awesome!
- * Be respectful of each athlete, coach, volunteer, chaperone and administrator.
- * Personal coaches are asked to refrain from coaching "your" athletes over the designated camp staff. You may ask questions and/or advise during rotations or after camp. You may give suggestions. You and the camp staff have the same goals, so respect each other and work together. Coaches observing may jump in and assist on any event with a side station but please ask the head coach first, and remember your credentials must be up to date to be on the gym floor

Gymnasts Expectations (please review with your gymnasts before arriving at camp)

- * Be respectful of each athlete, coach, judge, volunteer, chaperone and administrator.
- * Be prompt in following the camp schedule, rotate on time and quickly to the next event.
- * Proper attire is required: gymnastics leotard, no shorts, hair tied back, no jewelry, (basically usa gymnastics rules for attire)
- * Respect the facility by disposing of trash and helping clean up at the end of each camp day. Keep the restrooms neat and clean. Follow rules specific to the host gym
- * While in the hotels remember you still represent Region 5. There is a curfew each day and it will be announced by the camp director. Athletes must respect the curfew as stated. Coaches must also observe this time by refraining from loud or disturbing noise and behavior during quiet times. Athletes should never be up past 11:00 pm. Athletes should never be outside your hotel room past 11pm.

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. With that being said...Region 5 has finished 3rd overall at the past 3 JO Nationals. It is now time to dig deep, work hard and earn a spot on the top podium!!! It starts with our training camps and continues everyday at home in our gyms. If you have any questions, please contact Lori Koch

The Bigger the Dream, the More Important the Team #Earnit
Great Moments are born from Great Opportunities #Takeit

