



2008 Women's J.O. Compulsory Level Training Camp FACT SHEET

(Rev. 2/24/08)

Participation at this camp provides you with
USA Gymnastics University Credits.



What: 2008 Women's J.O. Compulsory Level Training Camp

Who:

Coaches – Limited space... register early!

- This camp is suggested for new Women's J.O. Compulsory program coaches and/or for experienced compulsory coaches seeking to increase their competitive edge.

Athletes – Limited to the first 70 registrations! Space is limited... enroll now.

- **The focus of this camp will be on preparation and training of the J.O. compulsory program and tips for athlete preparation.** This is like a National Compulsory Workshop for the athletes!
- This J.O. Compulsory Training Camp will be open for Level 4-6 athletes. (Min. age is 9 in the calendar year).
- Women's J.O. Committee members and other National Team Coaches will staff the camp.
- Coaching lectures and athlete activities will be held in the evenings.
- It is important that each coach bring at least one gymnast to work with during the Training Camp, but **it is recommended that the coach brings 2 athletes** –in order to give the athletes a “buddy” during the camp.
- If there is additional space for athletes (after the initial registration date), a third athlete may be invited based upon when we received your registration. If you are interested in possibly adding an additional athlete, please email Steve Whitlock with this request. swhit@usa-gymnastics.org
- **MUST** be a USA Gymnastics registered USA Gymnastics athlete member in good standing.

When: May 27-30, 2008

The registration deadline is April 27, 2008

There is limited space at the camp... participation is on a first-come-first-served basis.

For ONLINE REGISTRATION, [CLICK HERE](#)

Where: USA Gymnastics National Team Training Center

Karolyi Gymnastics Camp

454 Forest Service Road #200, Huntsville, TX 77340 (65 miles north of IAH airport)

| [MAP and DIRECTIONS](#) | [WHAT TO BRING](#) |

Participants are responsible for their own transportation. A rental car is recommended.

Contact: Steve Whitlock, Director of Program Development, USA Gymnastics:

317-829-5636 or swhit@usa-gymnastics.org

Goals:

- The athletes attending this training camp will be learning training tips and receiving feedback from expert coaches in the Women's J.O. Compulsory program,
- The opportunity for the coaches to observe and interact with the expert coach clinicians will provide great insight into the requirements, expectations and nuances of preparing athletes for success at these levels.

Tentative Schedule:

Tues. May 27 Arrival of all athletes, coaches and staff – Evening Training

All participants must arrive prior to noon.

May 28-29 Training at National Team Training Center

Fri., May 30 Schedule departures after 3 p.m. if using George Bush Internat'l and after 4 p.m. if using Hobby.

Accommodations:

- All participants will be housed at the Karolyi Ranch.
- The athletes will stay in group cabins. Athletes must provide their own bedding and towels.
- The coaches will stay in “motel-like” rooms. For the coaches towels and bedding will be provided.
- Meals begin with dinner on 5/27 and end with lunch on 5/30.

Transportation:

- Participants are responsible for all transportation costs.

Costs:

- Coaches – The Clinic fee is \$200; Room and board costs are \$225
- Athletes – The Clinic fee is \$200; Room and board costs are \$225

Total for each coach = \$425
Total fee for each athlete = \$425