

2009 Region 7



JO Training Camps

Save The Dates!!

***Note:** Gymnasts attending camps must be accompanied by a coach

April 27, 2009 Team 7 Edge (following Level 10 Regionals)

Who: All gymnasts who have qualified to Level 10 nationals (plus alternates) and their coaches

Where: World Class Gymnastics

June 26-28, 2009 Pre-Season Prep*

Who: Any gymnasts who competed in optionals in 2009 and will be competing Levels 8-10 in 2010. **Gymnasts will register at their 2010 competitive level.**

Where: Prince George's Sports and Learning Complex, Landover, MD

***Note:** due to scheduling conflicts, Future Prospects was combined with Pre-Season Prep into one extended camp

Information will be sent to clubs and posted on the website soon!

September 11-13, 2009



Who: All Level 9 and 10 gymnasts who qualified to Nationals/Easterns, plus alternates, are invited to attend. Coaches without qualifying gymnasts may also attend to learn new ideas at this outstanding event!

Where: Woodward Gymnastics Camp, Woodward, PA

All camps will be approved for CPE credit for judges. Judges who work at training camps attend free.