



### 2009 Region 7 Pre-Season Prep Training Camp

- When: June 26-28, 2009
- Where: Prince George's Sports and Learning Complex  
8001 Sheriff Road, Landover, MD 20785 (301) 583-2580  
Directions to gym available on the Region 7 website
- Who is Eligible? Gymnasts who competed in optionals in 2009 and who will be competing at Levels 8, 9 and 10 in 2010. **ATHLETES WILL BE ENTERED INTO SESSIONS AT THEIR 2010 COMPETITIVE LEVEL. BE SURE TO FOLLOW 2010 GUIDELINES! 75 gymnasts will be accepted per level on a first come, first served basis**
- Camp Highlights: 14 rotations lead by master clinicians with demonstrated success regionally and/or nationally. Supplemental training events include running, nutrition, yoga, dance, artistry, conditioning and more!
- Camp Entry Fee: \$140.00 per gymnast (includes camp leotard and 1 meal during camp)  
Coaches bringing gymnasts attend free. Coaches (without gymnasts) and non-working judges: \$50.00 **Registration deadline: 6/1/09**  
**No refunds after 6/05/09.**

**Please send all of club entries in one mailing, and include all fees in one club check!**

Confirmations will be posted on the Region 7 Website

- Meals: Meals during camp are included in the registration fee for athletes only. Coaches/judges may purchase food onsite.
- Hotel: **Courtyard Greenbelt**  
**6301 Golden Triangle Drive**  
**Greenbelt, MD 20770**  
**(301) 441-3311**  
\$109.00/ night, plus tax Group Code: USAG Region 7; Reference #1-VPI40Q  
\*\*\*Cut-off Date: 5/14/09\*\*\*  
Directions to hotel on the Region 7 website
- Contact: Registration forms with payment should be mailed to:  
Chris Erickson  
46 Jeremiah Collett Rd  
Glen Mills, PA 19342

Questions regarding registration:  
Chris Erickson: [ccerickson@aol.com](mailto:ccerickson@aol.com)

All other camp inquiries:  
Linda Johnson, RJOCC [ljohnson.60@comcast.net](mailto:ljohnson.60@comcast.net)

See Reverse side for schedule

## Camp Schedule (TENTATIVE: START TIMES WILL NOT CHANGE)

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**Gymnasts should register for the camp based on their 2010 competitive level.** Check the Region 7 website for schedule updates.

### **Level 8**

Friday June 26:

4:00-4:30 Registration

4:30-9:00 Warm-up/Rotations

Saturday June 27:

8:30-12:45 Warm-up/Rotations

12:45-1:30 Lunch

1:30-4:30 Rotations

4:30 Closing/Departure

### **Level 9**

Saturday June 27:

11:30-12:00 Registration

12:00-4:30 Warm-up/Rotations

4:30-5:15 Dinner

5:15-8:15 Rotations

Sunday June 28:

8:30-12:45 Warm-up/Rotations

12:45 Closing/Departure

### **Level 10**

Saturday June 27:

4:00-4:30 Registration

4:30-9:00 Warm-up/Rotations

Sunday June 28:

9:00-12:00 Rotations

12:00-12:45 Lunch

12:45-4:45 Warm-up/Rotations

4:45 Departure

Check the Region 7 website for updates!!



**2009 Region 7 Pre-Season Prep Registration Form**  
**June 26-28, 2009 @ Prince Georges Sports and Learning Complex**  
 (please photocopy form if you have additional entries)

Club: \_\_\_\_\_

Club ID# \_\_\_\_\_

Contact \_\_\_\_\_

Phone \_\_\_\_\_

Email (print clearly) \_\_\_\_\_

**GYMNASTS:** (Please, ONLY gymnasts who competed optionals in 2009; register athletes at their 2010 competitive level) **ALL GYMNASTS MUST ATTEND CAMP WITH A COACH!**

NAME	USAG #	AGE	2009 LEVEL	2010 LEVEL	Current GK Leotard Size

**COACHES/JUDGES:** If you have more than 5 gymnasts registered, please send at least 2 coaches! **ALL COACHES AND JUDGES MUST BE CURRENT USAG PRO MEMBERS, AND MUST PRODUCE USAG CARDS AT REGISTRATION FOR VERIFICATION!**

NAME	USAG #/Exp Date	Coach	Judge/Rating/Working? y/n	Shirt Size

# GYMNASTS \_\_\_\_\_ X \$140.00 = \_\_\_\_\_

# Coaches without gymnasts or non-working judges \_\_\_\_\_ X \$50.00 = \_\_\_\_\_

**TOTAL = \_\_\_\_\_**

Make checks payable to "USAG-Region 7" **PLEASE** only one check per club!  
 Send Registration Forms and payment to:  
**CHRIS ERICKSON: 46 JERIMIAH COLLETT RD., GLEN MILLS, PA, 19342**

### Instructions for Registering for Region 7 Training Camps

1. Please include all registrations for your club in one mailing.
2. Be sure to complete all fields on the registration form.
3. Please print your contact information clearly (especially email addresses) in case there are questions with apparel.
4. Be sure to include leotard sizes for all gymnasts. Leotards will be pre-ordered—what you order is what they will get! Remember that athletes tend to grow over the summer.
5. Your gymnasts will be grouped by club whenever possible. All gymnasts must be accompanied by a coach. If you are sending more than 5 gymnasts for one camp, please send at least 2 coaches! I will try to post groups on the Region 7 Website ahead of time to help you with planning.
6. ALL COACHES AND JUDGES MUST BE CURRENT USAG PRO MEMBERS, AND MUST PRODUCE USAG CARDS AT REGISTRATION FOR VERIFICATION
7. Include one check per club payable to "USAG-Region 7"

Mail Registration with payment to:

Chris Erickson  
46 Jeremiah Collett Rd  
Glen Mills, PA 19342

DIRECT QUESTIONS REGARDING REGISTRATION TO  
CHRIS ERICKSON: [ccerickson@aol.com](mailto:ccerickson@aol.com)

8. Confirmations will be posted on the Region 7 Website