

## **Training Camps:**

***Region 4 will now be hosting two optional training camps this fall. These will be in a very similar format to last years camps that were very successful and filled early!***

One will be in the northern area of the region and one will be in the southern area. The southern camp will be held September 24th through 26th at GymQuarters Gymnastics in St. Louis. . The northern camp will be held October 8th through 10th at TAGS South in Minneapolis.

The camp format will be similar to the old “High Performance” camp. We will be bringing in paid clinicians from outside and within the region. We will assign a master clinician to each event and coaches will rotate with their athletes to the stations. We do expect that coaches work with the plan established at the event by the master staff and are willing to aid the clinician in the implementation of the plan for that event. (Spotting the stations, running the kids through the reps etc.) You could get assigned to a station at that event but will rotate to the next event with your athletes. We will be having a coaches/clinicians round table and social event Saturday night. We will try to provide an activity for the athletes as well.

Qualification and entry information is at <http://r4gymnastics.wordpress.com/>. Visit that to stay up to date on the current procedures to attend the training camps. Get signed up early. It will fill and there is limited space. ***Hotels will not be able to be booked until August 1st.*** Check the websites for the hotel postings.

Any questions on the camps should be directed to:

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