**Region 2 Camps 2016 – HIGH TECH AND HOT SHOTS**

We are excited to announce the Regional High Tech Camp and Super Camp information for 2016! Please note that registration forms and payments are due by a certain date and we will take gymnasts on a first come, first serve basis. We do have a limit for each camp on the number of participants. The earlier you register, the more you will guarantee a spot for your gymnasts.

Anyone with a Professional Membership is invited to attend the Camps – no charge. This includes coaches that need more education (no need to have an athlete at the camp to be eligible to attend), college coaches, and any judges that would like more education.

The following are the criteria for gymnasts to attend and dates/times for the camps:

**HIGH TECH AND HOT SHOTS:**

Who is eligible: **For High Tech:** Open to all and any USAG athlete member. Recommendations are that they are L9 & L10.

 **For Hot Shots:** Our Hot Shots group is open to current USAG athlete members and it is recommended that they are Level 7/8, and defined as young talented optional level gymnasts, ages 7-12, that are strong and highly motivated with the following skills. If they have TOPS experience, that is a plus.  We encourage all coaches to come even if you don't bring gymnasts and learn great techniques to put into your program for high level development. Please do not enroll gymnasts that don’t have the following abilities. You must submit a video to Mark Kindelspire at **mlkindelspire@gmail.com**Mark will let you know if your athlete qualifies.

**Splits all three ways, two kip cast handstands in a row, 5 giants in a row, 15 second handstand hold, handstand walk across the floor, back handspring high beam, round off flip flac layout.**

**Goal:** To help coaches problem solve, create drills for higher level skills, improve technique and form, and motivate gymnasts to strive for their best. Give coaches skills to develop gymnasts to be better athletes to be competitive at the National level.

**Dates:** November 11-13, 2016

**Location:** Metropolitan Gymnastics, 6822 South 190th, Kent, WA 9803

**Times:** Friday: 6:00-8:00

 Saturday: 9:00-4:00

 Sunday: 9:00-2:30

**Clinicians:** To be announced (several college coaches and high level JO coaches)

**Limit of 80 gymnasts. Send money and registration early to guarantee a spot. No registration will be taken without payment.**

**REGISTRATION FORM FOR HIGH TECH AND HOT SHOTS CAMP**

**PLEASE INDICATE WHICH CAMP YOU ARE SIGNING UP TO ATTEND. IF YOU ARE BRINGING GYMNASTS TO MORE THAN ONE CAMP, FILL OUT A DIFFERENT FORM FOR EACH CAMP**.

\_\_\_HIGH TECH CAMP – NOVEMBER 11-13 at Metropolitan Gymnastics, 6822 South 190th, Kent, WA 98032, 425-282-5011 Guest clinicians: Still to be determined. This camp is open to all Level 9 and 10 gymnasts. Deadline for these entries will be 10/28/16. Cost: $175/athlete

\_\_\_HOT SHOT CAMP-- NOVEMBER 11-13 at Metropolitan Gymnastics, 6822 South 190th, Kent, WA 98032, 425-282-5011. Deadline for these entries will be 10/28/16. Cost: $175/athlete

**\*\*\*If you have any questions about the camps, please call Laurie Reid. 509-453-8126 or 509-952-1830**

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

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

City:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_State:\_\_\_\_\_\_\_Zip:\_\_\_\_\_\_\_

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

Club Email\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Coaches planning to attend (must have current Pro member status): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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It is **required** that coaches attend and rotate with their gymnasts. Please send enough coaches to do this. Make extra copies of this form if you have more gymnasts than lines below.

Cost is $175 per gymnast. **Please make checks to USAG Region 2.**

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|  Gymnast’s Name  |  USAG # |  Level |  Birthdate |  T-shirt size |
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Number of gymnasts registering \_\_\_\_\_ X $175 = $\_\_\_\_\_\_\_\_\_\_

**Send this form and payment to: Laurie Reid, 2121 West Lincoln Avenue, Yakima WA 98902**

Camp times are Friday 6:00-8:00, Saturday 9:00-4:00, Sunday 9:00-2:30