



High Tech Region 1 training Camp

October 16 - 17

Arizona Sunrays – Phoenix, Arizona

Open to all level 7 – Elite Athletes

\$100 per Athlete

2010 Region 1 JO National qualifiers no charge!

\$50 per judge or coach with out team

College Coaches will be attending!

At Last year's October high tech clinic, we had 10 different colleges represented; Arizona, Utah, Michigan, Utah State, Fullerton, Cal Berkley, Oregon State, Boise State, Stanford, Washington

Some of our Outstanding staff:

Neil and Patty Resnick - Boise State /USA National staff

Justin Howell – Airborne Gymnastics

Elizabeth Crandall – Airborne Gymnastics/Brevet Judge

Pam Evans – Arizona Sunrays/Brevet Judge

Kenzie Nargang – Sports Psychology

George Hery – World Champion

And many more!

Our Region One Clinics are growing every year and have been a great experience for everyone who has participated. Our goals for these Regional Clinics are:

- **Education:** We want our coaches, top judges and top athletes to be active in our regional clinics. In order to better ourselves we must learn, and there is no better way of learning than the open sharing of ideas, techniques, opinions, training plans, conditioning programs and strategies for bringing out the best in our gymnasts.
- **Building Team Unity:** Team Unity is essential in providing a fun competitive atmosphere for our athletes. The obvious benefit of Team Unity is that it leads to a better performance by our athletes, which is a crucial part of achieving our overall goal of being the best Region.
- **Fundraising:** To raise funds to help outfit our athletes and coaches so our *TEAM appearance* is as great as our *performance*. These clinics are some of the only fundraisers done by Region 1. All profits will benefit our athletes by helping to purchase the additional team apparel for Level 9 and 10 Western and J.O. National athletes.

As an incentive to participate in one of the three clinics that we will have had this year, each gym that participates will receive a complete apparel package for athletes qualifying for J.O. Nationals, as well as coaching apparel. Those teams that do not participate will need to purchase the additional apparel for their athletes and coaches. You may purchase this apparel as well as additional sets of the coaching apparel at the Region 1 Championships.



Region 1 Training Camp Entry Form

Team Name: _____ Phone: _____

E-Mail: _____ USAG Club # : _____

Address: _____

Arizona~ Oct. 16~17
Phoenix, AZ
(Arizona Sunrays)
 ~Level 7-E Only~

Tentative Schedule:
 Level 7-8 Saturday & Sunday 8:00-12:00
 Level 9-10-E Saturday & Sunday 1:00-6:00

~You may attach a roster, but please be sure to include all information requested~

Gymnast Name	USAG #	Level	T-Shirt Size	Age	Graduation Year (L9-E)	If committed, what school
Coaches Attending	USAG #	Cell Phone				

Entry Fee: \$100/gymnast
Professional Members without gymnasts attending \$50.00
Checks Payable to USAG Region 1
 Return by September 24th