



2021 REGION 7 HIGH PERFORMANCE TRAINING CAMP

Fact Sheet

Who: All Level 10s who competed at 2021 DP Nationals, and Level 9s who scored (New 7/26/21) a 36.6 or higher AA at 2021 Eastern Nationals are invited to attend! **Gymnasts MUST attend with a coach!**

Note: we will guarantee 120 athletes at the camp. If we do not reach 120 with the 36.6 minimum qualification score for Level 9s, we will lower the score to invite additional athletes.

****ALL COACHES, ATHLETES, CLUBS, AND JUDGES MUST RENEW THEIR USAG MEMBERSHIP BEFORE YOU CAN REGISTER!**

Date: Sept.10-12, 2021

Location: Woodward Gymnastics Camp, Woodward, PA
Directions to Woodward can be found on their website:
<https://www.woodwardpa.com/parent-guide>

COVID-19: Safety will be our priority. All chaperones are vaccinated. We will be following USAG sanctioning and local guidelines regarding COVID-19. Athletes/Coaches staying at the camp do so at their own risk. Updated COVID-19 guidelines and other camp information will be emailed to participants the week prior to camp.

Waivers: All participants (athletes, coaches, judges) must bring a completed liability waiver form (attached). This must be completed by a parent/legal guardian for participants who are minors. Athletes must also bring a completed medical questionnaire.

Lodging: Athletes staying on camp grounds will be assigned to cabins and will need to bring their own bedding and towels. Clinicians, coaches and judges will be assigned lodging available that may include cabins (requiring bedding and towels). Athletes have the option to find lodging off-campus with their parents/legal guardians and will follow a sign-in/out process when coming to the camp for training. Coaches may also find their own lodging off-campus.

Chaperones: Athlete cabins will be chaperoned by college gymnasts from area colleges. **Athletes are expected to follow Athletes Responsibilities outlined in their USAG Gymnastics Athlete Membership. Any behavioral infractions will result in removal from camp.**

Registration Fees:

All Gymnasts, coaches and judges must pre-register!

Athletes:

Registration and Lodging: \$260.00 per gymnast
*Includes leotard, 2 nights cabin lodging & meals
Registration, no lodging: \$200.00
*Includes leotard & meals

Coaches and Judges:

Registration and Lodging: \$75.00

Registration only: \$25.00

Coaches bringing gymnasts will receive Region 7 jackets (**maximum of 2/club free for coaches attending the clinic**). **Additional jackets may be purchased using the registration form.**

Registration Deadline: August 15th, 2021. NO REFUNDS after August 21st.

Confirmations will be posted here: <http://www.region7usagym.com>

Teambuilding Fundraiser: Check the attachment for our annual fundraiser for the **Lynn Perrott Memorial Scholarship!!**

General Schedule:

Friday	3-8pm	Check-in/Dinner*
	8-9pm	Camp Opening
	9:30pm	Athletes in cabins
	10:00pm	Lights out
Saturday	7:00-8:00am	Breakfast
	8:00-11:30pm	Warm-up and Rotations
	11:30-1:45pm	Lunch and Rest
	12:15-1:30pm	All-Star Team Meeting
	1:45-2:15pm	NCAA Recruiting Lecture
	2:15-5:00pm	Warm-up and Rotations
	5:00-6:00pm	Open Gym
	6:30-9:30pm	Athlete Pizza and Pool Party
		Coaches/Judges Dinner including JO Update and SIYA (See if You Agree!!)
	9:30pm	Athletes in cabins
	10:00pm	Lights out

Sunday	7:00-8:00am	Breakfast
	8:00-12:00pm	Warm-up and Rotations
	12:00-12:30pm	Closing and Awards
	12:30-1:15pm	Lunch
	1:30pm	Departure

***Friday night: Sandwiches and pizza will be available for purchase at the Canteen between 5:30-7pm.**

Follow meetmaker registration instructions included in this email to register online.

A few notes:

- 1. All Gymnasts must attend camp with a Coach! Registration deadline is August 15, 2021. No refunds after August 21, 2021.**
- 2. Please follow the registration instructions provided by Meetmaker for this registration. ***You will need to do 2 parts to this registration!! (Yes - that means 2 charges to your card!)**
- 3. The registration will default all athletes and coaches to be staying on camp grounds – but you will still have to go in and pay for lodging and additional coaches jackets separately from the actual camp registration. PLEASE FOLLOW THE INSTRUCTIONS FROM meetmaker attached here.**
- 4. If you are a clinician DO NOT REGISTER THROUGH MEETMAKER AT ALL - OR YOU WILL BE CHARGED. You will know you are a clinician if Linda Johnson asked you to be one. Please DO NOT REGISTER through meetmaker....I will add you to the sanction separately.**
- 5. Any questions on registration please email Jen Bortz, RACC at JBortz7rac@gmail.com. Any camp related questions please email Linda Johnson, DPCC at**