

2019 Nor Cal Training Camp

at Woodward West, Tehachapi CA

Sponsored by the Nor Cal Coaches Association

September 6-8, 2019

Who: Levels 9 & 10's and level 8's training level 9 for the upcoming season are desired.

Level 8's that have scored 35.00 or better

Register Early!! Limit: 120 gymnasts

Entry deadline is August 1st!!

Clinicians:

<u>Brian Amato,</u>	Oregon State
<u>Bryan Raschilla,</u>	Auburn University
<u>Chris Urteaga,</u>	<u>Dance Choreographer</u>
<u>Dom Palange,</u>	UCLA Assistant Coach
<u>John LaValle,</u>	UC Davis Head Coach
<u>Rhonda Faehn</u>	
<u>Paul Rawlings,</u>	SWAG, Vancouver, WA
<u>James Thompson</u>	Cascade Elite Head Coach
<u>Mary Wright</u>	New Zealand Team Coach
Derek Mollenbeck	

Coaches and are subject to change...

Cost: \$400 per gymnast

Includes:

2 nights in a camp cabins - 6 meals

Gym time

Training leotard and t-shirt

Local Accommodations:

One mile from training site & cabins:

The Lodge at Woodward West
18100 Lucaya Way #1, Tehachapi, CA 93561

Fill out registration form and return to Donna

20 minutes from training site in town:

Fairfield Inn

422 W Tehachapi Blvd, Tehachapi, CA 93561

Phone:(661) 822-4800

Holiday Inn Express

901 Capital Hills Pkwy, Tehachapi, CA 93561

Phone:(661) 822-9837

Tentative Training Schedule

Friday

2:00-3:45	Check in
4:00-7:30	Training
7:30-8:15	Dinner
9:00-11:00	Gym Fun

Saturday

8:00-8:45	Breakfast
9:00-12:30	Training
12:30-1:15	Lunch
1:15 1:45	Break
1:45 4:30	Training
4:30-5:00	Free time
5:00-5:45	Dinner
6:00-7:30	Open training
8:00-10:00	Gymnast Party
8:00-11:00	Coaches Dinner at the Lodge

Sunday

8:00-8:45	Breakfast
9:00-12:00	Training
12:00-12:45	Lunch
1:00-3:30	Training
3:45-4:30	Check out of rooms

Register Athletes on the USAG Reservation System and mail checks payable to **Nor Cal Coaches Ass:**

Donna Franzini Scheu
9514 West Pershing Ave
Visalia, CA 93291
(559)967-6228

NCalGymCamp@gmail.com

Coaches information:

No cost for coaches of clubs that are members of the Nor Cal Coaches association to attend but you must include them on your registration form.

This will be a USAG Sanctioned camp Nor Cal judges may attend for free. This will be sanctioned for CPE credits.

Coaches & Judges

Meals at the Lodge - \$150 – 6 meals
Cafeteria Meals with gymnast - \$150 – 6 meals

Camp Attendance is FREE

Cabin Chaperones: Volunteer Coaches Free

Parent Chaperones - \$100 for meals no cost for lodging

***NCTC is open to all participants

PLEASE FILL OUT - LODGE, MEAL & CHAPERONES INFO SHEET

COACHES LODGE RESERVATION

Name on the room: _____

Dates: 9/6-9/8/2020 – 2 nights

Different dates desired: _____

Number of people in room # _____

Gym: _____

2nd coach staying in the room but to be billed to same gym:

Name: _____

Phone number: _____

Email address: _____

Option #2

Willing to share a room & cost: YES NO

If you share a room you will be charged for ½ of the cost of the room and roommate will be assigned.

Woodward will contact the phone number listed for the credit card payment for the room requested. You need to be prepared to make a payment when you are contacted.

The Lodge is very rustic and earthy. But very convenient!!
If you need new and modern and don't mind the drive there are hotels in town.

MEAL OPTIONS

Meals at the lodge and catered by NCTC - \$150 X _____ number of coaches = _____

Meals in the cafeteria with the gymnast - \$150 X _____ number of coaches = _____

CIRCLE HERE: NO MEALS

Chaperones Needed!

Coaches Chaperone	Free Lodging & Meals	Name: _____
		Club: _____
Parent Chaperone	Free Lodging & \$100 for Meals	Parents Name: _____
		Childs Name: _____
		Club: _____

Total amount due	# _____ Gymnast x \$400	= _____
	# _____ Coaches meals x \$150	= _____
	# _____ Parent Chaperones x \$100	= _____
	# _____ Coach Chaperones X Free	= _____ FREE _____
	Total amount due Nor Cal	= \$ _____

Lodge will be paid directly to Woodward

Please copy and hand out to gymnast

NCTC Athlete Questionnaire: Athletes please send questionnaire to NCalGymCamp@gmail.com

Name: _____ Graduation Year: _____

Gym: _____ Level you last competed: _____

Circle one: Western's - National Qualifier - TOPS Qualifier Year _____

Favorite Event: _____ Why? _____

Have you committed to a college? Yes or No if yes what school?? _____

Are you on You Tube? If so what's your your tube name/address? _____

Your email address: _____ Phone #: _____

Coaches Name: _____ Phone #: _____

Coaches Email Address: _____

Deadline is August 15th.

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