

2019 Region 4 Training Camps

South and North Training Camps

October 11-13, 2019

Schedule:

Friday 4:00 PM – 9:00 PM – Open Workout

Saturday 8:30 AM – Noon, 1:30 PM – 5:00 PM Structured Workouts, 6:00 PM – 9:00 PM Social

Sunday 8:30 AM – 1:30 PM Structured Workout

Entry Fee:

- \$180/athlete (coaches are FREE with athletes)
- \$100/observing coach (coach w/o athletes)
- \$50/observing judge
- Payment is required in full. Refunds will be given if athletes do not get in.

Qualification

90 athletes will be accepted based on the priority system

- Priority #1
 - All 2019 Elite/JO National Qualifiers. (Priority #1 and #2 athletes have 30 days from the start of registration to accept spots in the camps before we move to priority #3)
- Priority #2
 - All 2019 Western Qualifiers.
- Priority #3
 - All 2019 Level 9/10 Regional Qualifiers
- Priority #4
 - All 2019 9/10 State Competitors and Level 8 Regional Qualifiers
- Priority #5
 - All other 2019 8/9/10 Athletes
- Priority #6
 - 2019 Level 6/7 Athletes
- Special Consideration
 - Athletes who were injured and unable to compete in 2019
 - Previous National Qualifiers
 - If you have an athlete who you would like to receive special consideration, contact Region 4 JOCC Paige Roth @ paiger@iowagymnest.com
- Gymnasts may only enter 1 training camp/year, unless there is extra space available

The goal of the North and South training camps is to provide opportunities for learning for coaches, athletes, and judges and to develop relationships within our Region and to help raise the level of gymnastics in Region 4. These are working camps for both coaches and athletes.

College Showcase and High Performance Camp

November 8-10, 2019

Schedule:

Friday 4:30 PM – 8:30 PM – College Showcase

Saturday 8:30 AM – Noon, 1:30 PM – 5:00 PM Structured Workouts, 6:00 PM – 9:00 PM Social

Sunday 8:30 AM – 1:30 PM Structured Workout

Entry Fees:

- \$100/athlete for the College Showcase (**Showcase is only open to Level 10's & Elites who are not committed to a college**)
- Training Camp is Free for Priority #1 & #2 Athletes
- Training Camp is \$80 for Priority #3 Athletes, provided they attend the College Showcase
- Free for college coaches and coaches attending with athletes
- \$100/observing coaches
- \$50/observing judges

Qualification:

90 athletes will be accepted based on the priority system

- Priority #1
 - All 2019 Elite/JO National Qualifiers. (Priority #1 and #2 athletes have 30 days from the start of registration to accept spots in the Showcase before we move to priority #3)
- Priority #2
 - All 2019 Western Qualifiers, who will compete Level 10 in 2020
- Priority #3
 - All 2019 Level 9/10 Regional Qualifiers

Basic Information:

- College coaches will be invited to watch the Friday College Showcase. Personal coaches will structure and organize the workout for their athlete(s). Athletes will provide bios and wear numbers to be identified by coaches.
- The goal of the camp is to raise the level of gymnastics in Region 4 and provide opportunities for comradery between the gymnasts

North Camp	South Camp	HP Camp
American Gold 2001-17 th Ave. S Fargo, ND 58103	Twister's Gymnastics 4625 Tower Terrace Rd NE Cedar Rapids, IA 52411	North Shore 5555 Pioneer Creek Dr Maple Plain, MN 55359
Mail Entries to: CRAG 925 Boyson Ct. Hiawatha, IA 52233	All entries must be submitted through the USA Gymnastics on-line registration system AND a hard copy, listing each athletes' priority, along with payment must be mailed. Registration date will be based on date of receipt of the hard copy & payment. Checks should be made to: Region 4 USA Gymnastics	

