



## *TOP/ HOPES / PRE ELITE CAMP*

*December 27- 29, 2006*

*at*

*Cincinnati Gymnastics Academy*

This years Region 5 Camp will have vast amounts of information, all the way from Basics to skill selection for HOPES and FIG Code Routines. Their will be Round Table discussions for the Coaches, led by Mary Lee Tracy.

This Camp's objective is to provide all the coaches and athletes with the necessary tools and information to prepare efficiently for the TOPS, HOPES & PRE ELITE tests and competitions.

Expert coaching and direction from National Team Coaches, Olympians, Judges and Sport Psychologist.

Some of the Staff includes: Jamie Dantscher, Dominic Zito, Alison Arnold, Enrique Trabanino, Amy Wert, Mary Lee Tracy and more!

There will be an ELITE COMPULSORY TEST (Sanctioned Qualifier) on Friday the 28<sup>th</sup>.

***!!! This Camp will have it ALL !!!!***

**HOLIDAY INN EXPRESS**  
6755 FAIRFIELD BUSINESS  
CENTER DR  
FAIRFIELD, OH 45014  
PHONE 1-513-860-2900

**LA QUINTA INN**  
12150 SPRINGFIELD PIKE  
SPRINGDALE, OH 45246  
PHONE: (513)671-2300  
FAX: (513)671-7324

**HAMPTON INN**  
430 KOLB DR,  
FAIRFIELD, OH  
PHONE: **513) 942-3440**

# Region 5 PreElite Camp

December 27-29  
TENTATIVE SCHEDULE

## WEDNESDAY 27<sup>TH</sup>

- 8-9:00 Warm Up & Physical Abilities Testing
- 9-11:00 4 – 30 minute rotations
- 11-12:00 Leg Circuit training / Flex
- 12-1:00 Lunch Provided
- 1-1:30 Warm Up & Floor Basics
- 1:30-3:30 4-30 min rotations
- 3:30-5 Sports Psych Coaches & Athletes Alison Arnold / Mary Lee

## THURSDAY 28<sup>TH</sup>

- 8-9:00 Warm Up & Physical Abilities
- 9-12:00 4-45 minute rotations
- 12:00-1 Lunch Provided
- 1:00-3:00 Open Workout – Coach / Athlete choice
- 3-4:00 New Ideas for Conditioning and Flex – Mary Lee
- 4:00-5 Rd Tables for Coaches – Mary Lee  
Sports Psych Athletes Alison Arnold

## FRIDAY 29<sup>TH</sup>

- 8-9:00 Warm Up for Compulsory Testing
- 9-11:00 Testing
- \*\*\*8-9:00 Warm up / Tumbling for non competitors
- 9-10:00 Sports Psych for non competitors
- 10-11:00 Bar basics and drills for non competitors
- 11-11:30 Beam Basics and Complex for non competitors
- 11:30-1:00 Lunch Break – not provided
- 1-1:30 Warm Up
- 1:30-2:00 Dance Demo by campers
- 2-4:00 4/30 min rotations
- 4-4:30 Ball Conditioning – Mary Lee / Flex
- 4:30-5:00 Closing Session with Alison Arnold

**Region V All Purpose Entry Form  
Competitions and Training Camps**

**Type information into the blocks with your keyboard**

Club Name	<input type="text"/>
Club Address	<input type="text"/>
Club Phone and Fax Number	<input type="text"/>
Club Email	<input type="text"/>

**Coaches Please register - NO COST**

Name	Level	USAG #	B-day	Age	Comp (X)	Opt (X)	Camp (X)	Coach (C) Athlete (A) Judge (J)
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**CAMP \$175**

**(Camps include: Compulsories, Physical Abilities and Camp)**

Amount Enclosed \$

- Refunds will only be given prior to the start of a camp or competition
- Please fax this form with a copy of the check made payable to \*\*

Mary Lee Tracy \*\* Cincinnati Gymnastics  
FAX 513-870-3831 or [usamlt@aol.com](mailto:usamlt@aol.com)  
Phone 513-860-3082

