

2010 Region 7



JO Training Camps

***Save The Dates!!***

\*Note: Gymnasts attending camps must be accompanied by a coach

**April 12, 2010 Team 7 Edge** (following Level 10 Regionals)

Who: All gymnasts who have qualified to Level 10 nationals (plus alternates) and their coaches

Where: Ocean Tumbler Gymnastics - Chesapeake, VA

**July 9-11, 2010 Pre-Season Prep**

Who: Levels 8-10

Where: Unique Sports Academy - Waldorf, MD

Information will be sent to clubs and posted on the website soon!

**September 10-12, 2010**



Who: All Level 9 and 10 gymnasts who qualified to Nationals /NIT/Easterns, plus alternates, are invited to attend. Coaches without qualifying gymnasts may also register to attend to learn new ideas at this outstanding event!

Where: Woodward Gymnastics Camp, Woodward, PA

***All camps will be approved for CPE credit for judges. Judges who work at training camps attend free.***