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### Region 7 Pre-Season Prep Camp Bid

#### Camp Philosophy:

The Region 7 summer training camp Pre-Season Prep (PSP) has followed the following philosophy that has built a steady and consistent following from regional clubs over the past 17+ years. This philosophy has included:

- Providing a learning environment that fosters safety, development and skill progression for optional levels in the Dev program
- Introducing participants to supplemental learning stations that promote success and participation in gymnastics. These have included dance, sports psychology, sports nutrition, running technique, yoga, teambuilding, artistry
- Fostering collaboration and communication between gymnasts, coaches and judges
- Maintaining high quality through reasonable clinician:athlete ratios
- Offering an open, non-qualification registration that operates on a first come-first served basis
- Maintaining affordable fees for all socioeconomic areas in Region 7
- Ensuring that regional camps will not compete with state-sponsored camps

#### Preferred Facility Requirements:

- Minimum of 2 floor exercise areas
- Spaces for break-out sessions for athletes/coaches/judges
- Training equipment/stations for drills on core events
- Trampolines

The following are a list of host responsibilities for running a regional training camp:

1. Create a preliminary budget and format for the camp including projections for numbers of athletes, levels and sessions
2. Acquire a site\* for the length of the camp (typically 3 days- Friday, Saturday and Sunday, beginning at or around 12:00pm Friday and ending around 12:30pm Sunday. Sample schedule is provided below)
3. Secure a hotel for clinicians and participants
  - A master account may be used for clinicians rooms
  - The region will assist with rooming assignments for clinicians
  - The host will be responsible for paying master account costs related to clinicians. This should include breakfast arrangements for clinicians
  - The host may opt to reserve a hotel block contract for clubs, or provide a list of hotels for clubs to pursue individually
4. The region will apply for the sanction. The host will assist with USA Gymnastics sanctioning procedures for the event. Regional personnel (WDPCC/RACC) will be listed as Event Director and host will be added as a sanction administrator. Host will verify all USA Gym pro and athlete numbers prior to the event
5. Marketing: Create and distribute marketing materials (brochures, registration forms, any other pertinent information)
6. Assist with registration from clubs, coaches, and judges using regional online system
  - Registration will be done electronically through the USA Gymnastics Meet Reservation System and an online registration system TBD by RACC. The host club will be given access to the databases, and will receive all registration fees.

- Host will verify USA Gym numbers for all participants excluding clinicians who are not USAG members
  - Host will manage all changes in entries, including refunds and replacements, per camp policy (i.e. deadlines, levels, etc.)
  - Host will assist in preparing all registration databases and sanction sign-in sheets for sign-in at camp
7. The region will make final determination on format of camp. Host may provide input with formatting the event. This includes rotation schedules for gymnasts, clinicians and judges.
8. Host will order and pay for apparel that typically includes
- Region 7 leotard for gymnasts (Region will help to negotiate cost with GK)
  - Region 7 t-shirts for coaches and judges
  - Region 7 will reimburse and take any extra apparel inventory at cost
9. Host will arrange for qualified medical personnel to be present during camp sessions (including warm-ups). Host will insure the medical personnel meet Safe Sport guidelines.
10. Host will arrange for meals for participants during the camp. Typically this includes
- One meal for gymnasts per camp session
  - One meal per day for clinicians during camp
  - One meal per day for coaches and judges (may be pre-paid, on-site payment or included)
  - Dinner for clinicians at a local restaurant (typically Saturday night)
11. Host is responsible for covering payment to clinicians. Master Clinicians are paid \$750.00 plus a travel stipend if driving. Clinicians hired from outside of Region 7, or outside the gymnastics community, are paid industry rates based on experience. The host club is responsible for flight costs and arrangements for clinicians.
12. Host will provide the region copies of all registration and financial databases after the camp.

The region will assist with the following areas:

1. Marketing of the camp through state chairman, website, colleges
2. Obtain the sanction for the event, oversee sanctioning procedures during the event, and return the sanction to USA Gymnastics after the event
3. Provide any background information and templates used for previous camps useful in planning the event
4. Assist in obtaining qualified clinicians for the camp
5. Provide all communication and correspondence with clinicians including hotel arrangements, rooming assignments and stipends.
6. Obtain CPE approval for judges' participation
7. Be available during the event to direct, facilitate the camp operations
8. Return sanction report form to USA Gymnastics
9. Assist with choosing and ordering apparel as needed
10. Work in conjunction with the host to finalize the camp format and rotation schedule including athlete squads, clinician assignments

The host club will provide Region 7 a \$5.00 tax per athlete registered. The host will retain all other net proceeds from the camp.



## REGION 7 TRAINING CAMP BID FORM

Name of Training Camp \_\_\_\_\_ Date of Camp \_\_\_\_\_

Name of Host Organization \_\_\_\_\_

Address \_\_\_\_\_

Name of Event Director \_\_\_\_\_ USAG Pro # \_\_\_\_\_

Name of Club Contact \_\_\_\_\_ USAG Pro # \_\_\_\_\_

Phone Number (W) \_\_\_\_\_ (C) \_\_\_\_\_ E-mail \_\_\_\_\_

Facility Name \_\_\_\_\_

Address \_\_\_\_\_

Have you hosted a regional event? (please list) \_\_\_\_\_

Have you attended a Region 7 Training Camp? \_\_\_\_\_

Approx size of gym area \_\_\_\_\_

Number of and size of Auxiliary Rooms/Space \_\_\_\_\_

Facility Rental Fee \_\_\_\_\_ A/C Y \_\_\_ N \_\_\_ No. of restrooms Women \_\_\_\_\_

Men \_\_\_\_\_

Type of equipment: \_\_\_\_\_

Length of vaulting area (including runway, table, mat area) \_\_\_\_\_

List Additional Vault stations (e.g. into pit, pit mat station, mini-tramp, etc.) \_\_\_\_\_

Number of Uneven Bars \_\_\_\_\_

List Additional Bar stations (e.g. trench bar, single rail, strap bar, etc.) \_\_\_\_\_

Number of High Beams \_\_\_\_\_

Additional beams and/or beam stations: \_\_\_\_\_

Number of full size floor areas: \_\_\_\_\_

Additional floor area: \_\_\_\_\_

Additional stations (e.g. rod floor, tumbl trak, pit landing, etc.) \_\_\_\_\_

Number, size, bed style of trampolines: \_\_\_\_\_

Medical Personnel: \_\_\_\_\_

Hotel accommodations available: \_\_\_\_\_

Distance from Camp site \_\_\_\_\_

I certify that the above information is accurate. I agree to follow the guidelines supplied by the Region 7 Administrative Committee and the USA Gymnastics Rules & Policies in the conduct of this event.

Date \_\_\_\_\_ Signature of Event Director \_\_\_\_\_

Send Bid Form **with a copy of the gym floor plan** to Region 7 WDPCC

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## Sample Camp Schedule

### Level 9/10

#### Friday:

12:00-12:30pm  
12:30-1:00pm  
12:15-3:30pm  
1:00-3:30pm

Registration  
Camp Opening/Warm up  
Coaches' Clinic with Master Clinicians  
Athletes: Supplemental Rotations (30 min each)

3:30-4:00pm  
4:00-4:20pm  
4:30-7:40pm

Break (DP Update for Coaches and Judges) (Meal)  
Warm Up  
Core Rotations (V, UB, BB, TU, Dance) 40 min each

#### Saturday:

8:00-8:30am  
8:30-11:50am  
11:50-12:00pm

Warm Up  
Core Rotations (V, UB, BB, TU, Cond) 40 min each  
Camp Closing

### Level 8

#### Saturday:

12:00-12:30pm  
12:30-1:00pm  
12:30-3:30pm  
1:00-3:30pm

Registration (meal for coaches and judges staying from Level 8)  
Camp Opening  
Coaches' Clinic with Master Clinicians  
Athletes: Supplemental Rotations: 30 min each

3:30-4:00pm  
4:00-4:20pm  
4:20-7:40pm

Break (DP Update for Coaches and Judges) (Meal)  
Warm Up  
Core Rotations (V, UB, BB, TU, Cond) 40 min each

#### Sunday:

8:30-9:00am  
9:00-12:20pm  
12:20-12:30pm

Warm Up  
Core Rotations (V, UB, BB, TU, Dance) 40 min each  
Camp Closing