

# 2018 Nor Cal Training Camp

## NCTC at Woodward West, Tehachapi CA

### Sponsored by the Nor Cal Coaches Association

Date: September 14-16, 2018

Registration Deadline: August 1<sup>st</sup>

Please register athletes and coaches on the USAG Reservation System.

**\*\*\*NCTC is open to all levels gymnasts**

Limit: 130 gymnasts

Clinicians:

**Chris Urteaga** – Dance

**Frank Kudlac** - Owner of Achievers, TX

**Mike Lynch** - 2 time Olympic Coach

**Tracee Talavera** – 2 time Olympian

**John LaValle** – U.C. Davis Head Coach

**Randy Solorio** - Sac State Head Coach

**Wayne Wright** - Head coach San Jose State

**Paul Rawlings** -Owner SWAG, Vancouver, Washington

**Raleigh Carter** - Owner of Thrive Gymnastics

**Mary Wright** - New Zealand Team Coach

**Rhonda Faehn** – Winning coach of 3 NCAA National Championships at the University of Florida

**Shannon Welker** - University of Missouri Head Coach

**David Seiler** – Head Coach Davis Diamonds, Ass. Coach at U.C. Davis

Coaches and are subject to change...

Cost: \$360 per gymnast

Non Nor Cal Member \$400

**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

Phone:(661) 822-5581

Open 10:00 a.m. to 2:00 p.m

**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**

Check in 2:00-3:45

Training 4:00-7:30

Dinner 7:30-8:15

Movie 9:00-11:00

**Saturday**

8:00-8:45 breakfast

9:00-12:30 training

12:30-1:15 lunch

1:30 4:30 training

4:30-5:00 free time

5:00-5:45 dinner

6:00-8:00 open training

8:00-10:00 Gymnast Party

**Sunday**

8:00-8:45 breakfast

9:00-12:00 training

12:00-12:45 lunch

1:00-3:45 training

3:45-4:30 check out of rooms

Mail Registration & Check to:

Donna Scheu - CCGI

9514 West Pershing Ave

Visalia, CA 93291

(559)967-6228

[iloveccgi1989@gmail.com](mailto:iloveccgi1989@gmail.com)

Make checks payable to the Nor Cal Coaches Ass.

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 may buy meal package from Woodward to eat at the cafeteria with the kids or at the lodge. Cafeteria Meal package is \$110 for 6 Meals.

Shared Lodge Room and 6 Meals at the Lodge \$230 per person.

**We need Cabin Chaperones** – Chaperones eat and sleep for free. List Chaperones on the team registration form.