

2018 Nor Cal Training Camp, NCTC

at Woodward West, Tehachapi CA

Sponsored by the Nor Cal Women's Gymnastics Association

Date: September 14-16, 2018

Registration Deadline: July 15th

**Athlete criteria: Levels 9 & 10's and 2nd year level 8's
or 8's training to be Level 9's.**

Limit: 130 gymnasts

Clinicians:

Frank Kudlac, Owner of Achievers, TX

Mike Lynch, 2 time Olympic Coach

Randy Solario, Head Coach Sac State

Shannon Welker, University of Missouri

John LaValle, Head Coach UC Davis

Paul Rawlings, Owner SWAG, Vancouver, Washington

Raleigh Carter, Owner of Thrive Gymnastics **Meredith**

King Paul, Ohio State University

Mary Wright – New Zealand Team Coach

Brian Amato – Oregon State

Final list of Coaches could change if their availability changes.

Cost: \$360 per gymnast

Non Nor Cal Members \$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

Make checks payable to: NCWGA

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

1:15 gym games

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 bowling

Sunday

8:00-8:45 breakfast

9:00-12:00 training

12:00-12:45 lunch

1:00-3:00 training

3:00-3:45 open training

3:45-4:30 check out of rooms

Mail Registration & Check to:

Donna Franzini

9514 West Pershing Ave

Visalia, CA 93291

(559)967-6228

iloveccgi1989@gmail.com

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. Lodging not included. Meal package is \$120 for 6 Meals.

We need cabin Chaperones – Chaperones eat and sleep for free. Contact Donna if you're interested.

***NCTC is open to all participants
