

*2015 Nor Cal Train Away
Woodward West, Tehachapi CA*

Nor Cal Coaches Association

October 9-11, 2015

We have 103 Level 9 & 10's registered

Sorry but we will not be taking anyone from the waitlist

21 clubs are attending

Important: This is a sanctioned event so all athletes and coaches USA Gymnastics numbers must be current

All athletes and coaches that will be attending must fill out and return the Woodward West Liability Waiver that is attached!!!

Updated Confirmed Clinicians:

Tom Koll, USAG J.O. Chairman

Valorie Kondos, Head coach UCLA

Frank Kudlac, 30 yrs Head coach Texas Womens and Owner of Achievers, TX

Shella Martinez, San Jose State Assistant Coach

Dan Miller, Univ. of Nebraska Assistant Coach, Former owner of Arena Gym, IL

Randy Solorio, Head coach Sac State

James Thompson, Head coach Cascade Elite

Nola Ayers, National judge and Expert in mental focus and overcoming fears.

Paul Rawlings, Naydenov Gym, Vancouver, WA (EMT)

Scott Cusimano, Owner GymQuarters, St Louis, MO

Raleigh Carter, Owner Thrive Gymnastics

Cost: \$225 per gymnast

Includes:

2 nights in a camp cabins, 6 meals, Gym time

Training leotard and t-shirt

*****Bus: Location Emeryville.**

Tentative times: 7:00 a.m. Friday, 10/9 return 10/11 10:00 pm

Cost \$85.00 per person (Coaches, judges and gymnasts)

Updated lodging information!!!!

Please respond asap

One mile from training site & cabins:

The Lodge at Woodward West

18100 Lucaya Way #1, Tehachapi, CA 93561

New Lodge Policy: You must fill out a request for a cabin and return it to Donna by 9/17 with credit card information. Cabins will be booked with the main contract and reservation. Cabins can not be cancelled after September 25. The Lodge no longer takes individual reservations.

Still *Tentative Training Schedule**

Friday

check in 2:00-3:45

Training 4:00-7:30

Dinner 7:30-8:15

Fun & Games 8:30-9:30

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 Bonfire(weather permitting)

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

Chaperones: I need a 4 more chaperones. They can be parents or coaches. No cost for the cabin and Nor Cal will pick up your meals. Must be female! Email me!!!

Mail or email lodging request and release forms to:
Donna Franzini, 9514 West Pershing Ave Visalia, CA 93291
(559)967-6228

iloveccgi1989@gmail.com

Credit card information must be with lodging request and will be run the weekend of the camp by Woodward West

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.

Kat Sgamba and Lori O'Dell will be present and will have a schedule for the judges education.

Coaches may buy meal package from Woodward to eat at the cafeteria with the kids. Lodging not included. Meal package is \$75 for 6 Meals.

Fill out attached form!!!!

Gymnasts list of things to bring: Sleeping bags, pillows, bath towels, snacks. Clothes for a camp fire one night (weather permitting)