

2022 Nor Cal Training Camp
NCTC
at Woodward West, Tehachapi CA
Sponsored by the Nor Cal Coaches
Association

September 23-25, 2022

Registration Deadline: July 30

Camp criteria - Levels 9 & 10's and level 8's training
level 9 for the upcoming season.

Last year's level 8 scoring 35 or better

Limit: 120 gymnasts

Entry deadline is August 1st!!

Clinicians:

<u>Brian Amato</u>	University of Nebraska
<u>Stephen Buckner</u>	University of Illinois
<u>Bryan Raschilla</u>	Oregon State
<u>Chris Urteaga</u>	Dance Choreographer
<u>John LaValle</u>	UC Davis Head Coach
<u>Mike Lynch</u>	2 time Olympic Coach
<u>Paul Rawlings</u>	SWAG, Vancouver, WA
<u>Raleigh Carter</u>	Thrive Gymnastics, CA
<u>Mary Wright</u>	New Zealand Team Coach
<u>James Thompson</u>	CEG, Seattle, WA

Clinicians are subject to change...

Cost: \$500 per Nor Cal gymnast

Cost: \$550 non Nor Cal Gymnast

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

Tentative Training Schedule

Friday

Check in 2:00-3:45

Training 4:00-7:30

Dinner 7:30-8:15

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

6:00-7:30 open training

8:00-10:00 Gymnast Party

Sunday

8:00-8:45 breakfast

9:00-12:00 training

12:00-12:45 lunch

1:00-3:30 training

3:30-4:30 check out of rooms

**Register Athletes on the USAG Reservation System
and mail checks payable to Nor Cal Coaches Ass:**

Donna Scheu

9514 West Pershing Ave

Visalia, CA 93291

(559)967-6228

NCalGymCamp@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

Meals at the Lodge \$150 – 6 meals

Cafeteria Meals with gymnast \$125 – 6 meals

Coaches Meals, Sat & Sunday night only \$80 – 2 meals

Cabin Chaperones

Parent Chaperones - \$125 for meals no cost for lodging

Coach Chaperones – Meals and Lodging are Free

Coaches Camp Attendance is FREE

Prices have increased slightly due to cost of clinician's flights
& Woodward West facility price increase.

***NCTC is open to all participants

Sorry NO refunds after August 23

NCTC Athlete 2020 Questionnaire

Name: _____ Graduation Year: _____

Cell Phone #: _____ Level you last competed: _____

Circle one: Western or National Qualifier Year _____

Have you committed to a college? Yes or No if Yes What school?? _____

Are you on You Tube? If so what's your name/address? _____

Your email address: _____

Coaches Name: _____ Coaches Cell Number: _____

Coaches Email Address: _____

Event highlights – Skills & Score: Vault: _____

Bars: _____

Beam: _____

Floor: _____
