2021 NorCal Training Camp

NCTC
@ Woodward West, Tehachapi CA

SEPTEMBER 10-12, 2020

ENTRY INFORMATION:

- **ENTRY DEADLINE IS JULY 24TH!!!**
  - **Limit: 120 gymnast**
  - **NorCal Cost: $475 per gymnast**
  - **NON NorCal Cost: $525 per gymnast**
    (2 NIGHTS IN CABINS- 6 MEALS- GYM TIME- TRAINING LEOTARD AND SHIRT)
- **LEVELS 9 & 10'S AND LEVEL 8'S TRAINING LEVEL 9 FOR THE UPCOMING SEASON.**
  - LAST YEARS LEVEL 8 SCORING 35.0 OR BETTER.
  - WE WILL WAIT LIST LEVEL 8'S AND FILL SPOTS IF NEEDED.

CLINICIANS:

Bryan Raschilla	**Oregon State**
Stephen Buckner	**Univ. of Illinois**
Chris Urteaga	**Dance Choreographer**
Dom Palange	**UCLA Ass. Coach**
John LaValle	**UC Davis Head Coach**
Mike Lynch	**2 time Olympic Coach**
Paul Rawlings	**SWAG, Vancouver, WA**
Raleigh Carter	**Thrive Gymnastics, CA**
Mary Wright	**New Zealand Team Coach**

Coaches are subject to change....

***** NCTC is open to all participants*****
Sponsored by the Nor Cal Coaches Association

COACHES & JUDGES INFORMATION:

- No Cost for coaches of clubs that are members of the NorCal Coaches Ass. to attend, but you must include them on your registration form.
- Meals at the lodge-$200 (6 Meals)
  Saturday Night Lodge Meal only- $50
  Cafeteria Meals with gymnast- $125- 6 meals
- Lodging contact: TBA
  The Lodge at Woodward West: 18100 Lucaya Way #1,Tehachapi, CA 93561
  Phone: (661) 823-7612
  Phone: (661) 822-5581
  Open 10:00am- 2:00pm
- This will be a USAG Sanctioned camp, Nor Cal judges may attend for free. This will be sanctioned for CPE credits.

LOCAL ACCOMMODATIONS:

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

CABIN CHAPERONES:

- Volunteer Coaches: FREE Meals & Lodging
- Parent Chaperones: $125 for meals, no cost if not eating cafeteria meals & FREE lodging.

Tentative Training Schedule

Friday
2:00-3:45pm- Check in
4:00-7:30pm- Training
7:30-8:15pm- Dinner
9:00-11:00pm- Movie

Saturday
8:00-8:45am- Breakfast
9:00-12:30pm- Training
12:30-1:15pm- Lunch
1:15pm- Gym Games
1:30 4:30pm- Training
4:30-5:00pm- Free Time
5:00-5:45pm- Dinner
6:00-8:00pm- Open Training
8:00-10:00pm- Bowling

Sunday
8:00-8:45am- Breakfast
9:00-12:00pm- Training
12:00-12:45pm- Lunch
1:00-3:00pm- Training
3:00-3:45pm- Open Training
3:45-4:30pm- Check out of rooms

Register Athletes on the USAG Reservation system and mail checks payable to: NCWGA

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