



**AUGUST 15 & 16, 2026**

**Join us for a weekend of great gymnastics & fun!**

### CAMP INFORMATION:

**To be held at: Legacy Gymnastics SLO**  
4725 Allene Way, San Luis Obispo, CA 93401

### LOCAL ACCOMMODATIONS:

**Hotels:** San Luis Obispo  
**Nearest Airport:** San Luis Obispo Airport

### CAMP CRITERIA:

**USAG Levels 9 & 10's and Level 8's training Level 9 for the upcoming season.**

- Level 8's that have scored 35.00 or better

**NCTC's goal is to teach great gymnastics but also create a great bonding experience among those that attend.**

- NCTC is open to all athletes that meet the above skill level requirements.
- Each gymnast must have a current USAG number
- USAG Sanctioned Event
- **Meals:** For the safety & comfort of all participants, those with dietary restrictions/allergies are asked to bring their own food.

### ENTRY INFORMATION:

**Register Early!! Limit: 96 Gymnasts**

- Athletes must be registered on the USAG website and we must have leotard sizes by June 27<sup>th</sup>
- **Clinic Fees Due by:** July 1<sup>st</sup>.
- NO refunds after July 1<sup>st</sup>

# CATCH THAT WAVE 2026 NORCAL TRAINING CAMP

Sponsored by the NorCal Coaches Association

### CAMP FEES:

**\*\*Lodging is NOT included\*\***

**Cost:** \$425 per NorCal gymnast  
**Cost:** \$475 per non NorCal gymnast

### Fees Include:

- Lunch: 2 days & Dinner: 1 day
- Training Time in Gym
- Training Leotard

### COACHES & JUDGES INFORMATION:

**Coaches Registration Fee:** \$100

Includes:

- Lunch: 2 days & Dinner: 1 day
- Camp T-shirt

### Judges

- May attend Camp for free
- This camp is eligible for CPE and C2 Credit

### 2026 CLINICIANS:

**\*\*Coaches change yearly\*\***

JaNay Honest - Dance Chroeo & UCLA Alum  
Chris Urteaga - Dance Choreographer  
Paul Rawlings - SWAG, Vancouver, WA  
James Thompson - Cascade Elite Head Coach  
Derek Mollenbeck - Utah  
Rod Radunzel - NorCal Chairman  
Neil Gallant - SJSU Assistant Coach  
Melissa Genovese - Sac State Head Coach



### TENTATIVE TRAINING SCHEDULE:

#### FRIDAY

Arrive in San Luis Obispo

#### SATURDAY

8:00-8:30am - Check In  
8:30-9:00am - Warm Up & Stretch  
9:00am-12:15pm - Training  
12:15-1:15pm - Lunch  
1:15-4:30pm - Training  
**5:00-7:00pm - Avila Beach: Team Bonding**

- We hope everyone will join us for food, games & fun on the beach!

#### SUNDAY

8:30-9:00am - Warm Up & Stretch  
9:00am-12:15pm - Training  
12:15-1:15pm - Lunch  
1:15-4:30pm - Training

**Register Athletes on the USAG  
Reservation System**

**Mail Checks Payable To:**

**NCWGA  
Donna Scheu  
9514 W. Pershing Ave Visalia,  
CA 93291  
(559)967-6228  
NCalGymCamp@gmail.com**