

2009 Region IX
Level 6 & 7 Team Camp
5280 Gymnastics

Camp Staff:

Head Clinician:	Vladimir Artemev	5280 Gymnastics
Assistant Clinician:	Nathan Torres	Eagle Ridge Gymnastics

Thursday July 16, 2009 7:30pm:

At this time we had collected all the appropriate paper work and gave introductions of clinicians, purpose of the camp, hosts and staff of 5280 Gymnastics. We explained the purpose of the camp is to get to know other athletes in Region IX so as they continue their gymnastics career they are the future of Region IX and our success as well as their own. We explained what a wonderful opportunity and privilege to attend the Region IX Level 6 & 7 Team Camp. The athletes and Charlie Jones and Bobby Lenard from 5280 stayed with the athletes Thursday night at the gym, lights out at 11:00pm.

Friday July 17, 2009

The athletes had breakfast at 8:30am at 5280 Gymnastic. Session I began at 9:00am. Vladimir and Nathan began the first session with the athletes in addition we had guest coaches Irina Bendassov (5280 Gymnastics), Rick Hall (La Cruses Gymnastics), Zane Zeeman (Golden Gymnastics), and Steve Artemis.

Vladimir and Irina warmed up with some competition games for the athletes, then the athletes stretched and basic tumbled as one group. The athletes were then divided into two groups and went to work on their respective events for the morning session and finished before lunch with more competitive games. Lunch was provided at 5280 Gymnastics and the athletes rested until 3:00pm in which they started with Session II of the camp. At 6:00pm the staff of 5280 took the athletes swimming at the local recreation center which afterwards the athletes went to the Trammell's. The Trammell's hosted a BBQ for the athletes and staff, afterwards the athletes stayed with the Trammell's for the night.

Saturday July 18, 2009

The athletes had breakfast at the Trammell's then the staff of 5280 transported the athletes to the gym to start Session III of the camp. The sessions on Saturday went as they did on Friday. During session IV we had a special guest attend the camp (Sasha Artemev) which he explained his experiences at the 2008 Olympic Games in Beijing and did a question and answer period with the athletes. At 6:00pm we had a pizza party for the athletes and their families as well as the staff of the camp we had approximately 60 people in attendance for the gathering. Then the athletes spent the night along with Charlie Jones and Bobby at the gym, with lights out at 11:00pm.

Sunday July 19, 2009

The athletes and staff had breakfast at the gym. Session V began with the warm-up and then the athletes had 45min. to warm-up skills on 3 different events. For the next hour and half they showed off their skills to the other camp members this was a huge success. Some athletes performed on 5 events.

At 12:00pm we had our final summary and meeting of the camp which the athletes all exchange contact information.

I would like to thank everyone involved in the camp, Jim and Beth Trammell, Vladimir, Nathan, Rick, Zane, Charlie, Bobby, Irina, and Allyson for their help and dedication to the success of this camp.

This is our 4th year in providing this camp and it has turned into a huge success.

Submitted

S. M. Artemis

Region IX Education Coordinator