

2009 Region IX
Level 8 Team Camp
Golden Gymnastics

Camp Staff:

Head Clinician:	Dean McCollum	Mountain Gymnastics Center
Assistant Clinician:	Steve Artemis	Golden Gymnastics

Friday July 24, 2009 7:30pm

We collected all the appropriate paper work from the athletes and introduced the clinicians, purpose of the camp, and hosts and staff at Golden Gymnastics. We explained the purpose of the camp was to work on basic skills, work as a team, and to develop a better knowledge of optional gymnastics. We also explained what a wonderful opportunity and privilege to attend the Region IX Level 8 Team Camp and how it could help our Region as a whole but also help them grow and succeed in their own gymnastics careers. We had pizza for dinner at 9:00pm, the athletes stayed at the gym and lights out at 11:00pm.

Saturday July 25, 2009

Breakfast was at the gym at 8:00 am and we started Session I at 9:00 am. We had some guest coaches show up and help the entire weekend Scott Postel (Eagle Ridge Gymnastics) and Zane Zeeman (Golden Gymnastics). The athletes went to work with the first session working on a new kind of stretching presented by Dean McCollum (Active Stretching). The athletes worked on basics on floor then proceeded to pommel horse with more work on basics circle position. On rings the athletes worked on basic swing position along with working on giant swings. Dean brought his bungee system for giant work on rings. Lunch was at 12:00 pm and had some down time till 1:30 pm. We started session II with vault and worked on blocking drills and timers for various vaults to stacked mats. We proceeded to parallel bars and worked on basic swings and peach drills. The athletes and staff left at 4:30 pm to go to the local recreation center for a well deserved shower. We had our family pizza party at 6:00 pm; there were a total of 30 attendees for the party. After the parents and siblings left we watched Peaceful Warrior. Lights out at 11:00 pm.

Sunday July 26, 2009

We had breakfast at the gym at 8:00 am and started Session III at 9:00 am. Dean started the day with a lecture on the rules and code of points and stressed how important that the athletes know the rules as well as their coaches. Dean also handed out some work sheets to help the athletes with routine construction. We started with basics on floor exercise. Next we went to rings and worked some more giant work. We gave the athletes an open rotation and all decided to work on pommel horse. We finished the clinic on high bar and worked giants, pirouettes, and blind changes. We brought the athlete together at the end to summarize the clinic and for them to exchange contact information. Everyone (athletes, coaches, and parents) thought this was a great camp. Everyone departed by 12:30 pm.

Special thanks to:

Mary Beth for picking up Scott Postel and the athletes from Eagle Ridge Gymnastics.

Erik Oldham for taking Scott and his athletes back to the airport.

Dean McCollum who did an excellent job as head clinician for the camp he stressed team work among all the athletes. He also brought down some extra training equipment for the camp. Dean even drove back to Fort Collins to pick up something he forgot for the camp.

Submitted by

Steve Artemis

Region IX Educational Coordinator