

Men's Region 9 level 9-10 camp report

I had the honor and privilege to be one of the head clinicians for the first annual level 9-10 men's Region 9 Team Camp. The camp consisted of the top 6 level 9 12-13 year olds, level 10 14-15 year olds, level 10 16-18 year olds from the 2009 regional championships. The camp was held at the Olympic Training Center from July 31st to August 2nd, 2009. The Head clinicians were myself (Brandy Wood), Dave Juszczak, and Raleigh Wilson. The Assistant clinicians were Dean Morales, Karl Gribb, and Kyle Kirkpatrick.

Wow!! I think is the best way to begin this report. Wow... the clinicians did an incredible job! Wow the kids also did an incredible job! I was especially appreciative of the expertise and experience that Dave and Raleigh brought to the camp. Not only the head clinicians but the assistants really stepped up and made this a great experience for these kids. We also had, Jurij Aleksiejevs from Utah, and Zane from Golden show up and help out.

Our goal for this camp was to make it feel as much like a national team camp as we could. The emphasis of the camp was to bring these kids together, build relationships with each other, improve the overall look of the regional team, and hold the kids accountable to their training habits over the next competition season. With this diverse group of kids we thought that would be quite a challenge. Because of the incredible attitude of all the staff involved it was not. The kids came in a bit rough, not sure what to expect, definitely not prepared to get the attention to detail that this staff was ready to offer. But by the second day of camp they were on board and willing to do whatever was asked of them. So we raised the bar.

The camp was designed around four 3 ½ hour training sessions, and one 2 ½ hour session on the last day. We also had a session on nutrition, which was very valuable to the kids staying hydrated and properly fed during their stay at the OTC. This was scheduled prior to the first training session, which I thought was a great idea, and was helpful in getting through the camp injury free. The first day the focus was on cleaning up the daily muck, and bad habits that the kids were used to doing. Basic skills, round off positions, circle positions, handstands, and presentation were the entirety of the first training session. The kids were, as I stated sloppy and unrefined. But as they began to see what the expectation was for them they began to make real changes. I was very happy with their attitudes and work ethic as they were asked to go back and work very basic drills and positions. The second day was more of the same-handstands and positions, but with a bit more emphasis on swing, i.e. giants on rings, peaches on PB, taps on HB. We also had a trampoline session that Kyle led, and was a huge success. After dinner on the second day we had a meeting to review some video of the best gymnasts over the last fifty or so years. It was sort of a history of gymnastics lesson for the kids. The kids were enthusiastic, and we all got to see some great gymnastics and remember the artistic side of the sport.

The third day was an open workout designed to add the basics into some skill work and see if progress could be made on skills because of the improved basic skills and positions. Several kids learned new skills; I think everyone made huge improvements in many areas everyone's handstand improved tremendously. Most importantly I think the region was united and the idea that we are going to go into JO nationals with the intention to win really hit home.

Special thanks to Ron Brant for donating some great gifts that we were able to award to the athletes for going above and beyond.

By the end of the camp I was convinced that this was the most productive camp I have been to in the last 15 years! I know this was a huge investment for the region but it was definitely worth it. Congratulations to everyone that was a part of it. Thanks to all the staff for a tremendous effort. Special thanks to the OTC staff, I have not received a report from the OTC but I believe that the kids were well behaved and polite to the staff while on the complex.

GO REGION 9!!

Respectfully submitted,

Brandy Wood