

Region 9 Level 9 and 10 Camp Report

United States Olympic Training Center

July 30 to August 2, 2009

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From July 29th to August 2nd 2009 Region 9 held it's first level 9 and 10 camp at the USOTC. The camp was attended by 19 athletes:

Drew Burton
Michael Allen
Nick Gaudlip
Todd Dowdy
Blake Benham
Jacob Moses
Dylan Schuetz
Yul Muldauer
Sam Wright
Adam Avant

Dimitri Floryance
Dylan Ellsworth
Colby Pedrick

Nicholas Schwab
Erick Morrison
Jacob Moses
Mike Levy
Hayden Henriouille
Adrian Evans

The staff at the camp included 3 Master Clinicians; Brandy Wood, Raleigh Wilson and myself. Additionally there were 3 Assistant Clinicians; Kyle Kirkpatrick, Dean Morales and Karl Gribb.

On Thursday evening, we had our orientation meeting to get all staff and athletes familiar with the rules of the OTC and the camp, the schedule and the expectations. From the first meeting it was stressed that the intent of the camp was to develop camaraderie across the region, a sense of team, and to emphasize the basics necessary to improve the level of optional gymnastics in Region 9. It was stressed that the USOTC is not available to many groups and the rules would be strictly enforced. We did not have any issues with this the rest of camp. Also, everyone was reminded of the work load at the camp, and the need to be smart about their own health.

On Friday morning we had a team breakfast and went immediately to a meeting room for a presentation on nutrition, hydration and health. Ron Brant arranged for one of the nutritionists on staff

at the USOTC to give this presentation and it was great material for the guys. Following that we headed to the gym for our first workout. Following our team lineup and warm up we began basic tumbling and the tone of the camp really set in. The focus was on presentation and body positions and it was obvious this was an area of need. Handstands, back roll extensions and roundoffs were not very good to start with. Each workout session included dedicated basic tumbling time and this provided clear improvement for each gymnast. Each group (9's, younger 10's, older 10's) then rotated through 3 events for the remainder of the morning workout. The afternoon session followed the same format with the 3 rotations being the last 3 events. By the end of day 1, we had a very tired group of athletes and more than a couple of hands showing the wear of the day. Friday evening we had a team meeting to discuss presentation and it's importance in both scores and development of athletes.

Saturday followed the same basic format without a meeting at the beginning. Dedicated time was spent on handstand positions and incredible progress was made. Several athletes were now having success in the event rotations as the basic positions and swings we had been working began to show up in skills. Several athletes did their first giant swings on Still Rings and several did their first Diamidov's on Parallel Bars. During the second session Brandy set up a drill for working on front tumbling positions that had a huge impact on everyone at camp. Placing 3 blocks of differing sizes about 6 feet apart on the floor, each athlete had to bound over them, then add fronts to a part at a time, then combine fronts over 2 of them, then over all of them. This same drill was set up Sunday morning and we had a competition to see who could do the most, with Adrian Evans winning the competition in somewhat of a surprise! His tumbling improved more than anyone else's over the 3 days. That evening we had a fun meeting to watch YouTube video of various gymnasts.

Sunday's single workout was more designed for the athletes to have fun and was more or less open. To my surprise all of the athletes attacked the workout, getting an incredible amount of work in considering what they had done the previous 2 days. Some of the highlights included:

Hayden Henriouille doing beautiful layout Tkatchevs on HB

Blake Benham doing perfect double back dismounts on Parallel Bars and pike into the pit

Sam Wright doing excellent dismount work on High Bar

Dmitri Floryance performing near perfect basic tumbling and presentation

Yul Moldauer doing very exacting giants on Still Rings

Colby Pedrick doing a new routine on Floor Exercise

Todd Dowdy doing beautiful Diamidovs

Jeremy Valades doing picture perfect handstands everywhere

As Brandy put it at the end of the workout, "it is not very often you get to the end of a camp like this and you have to pull the gymnasts off the equipment to leave"!

I hate to leave out the other gymnasts as everyone worked so hard and improved so much. In no way does this mean I was not impressed with them. Handstands, back roll positions and roundoffs were universally better.

It was an honor to have been asked to take part in this camp, and I would be happy to do so again in the future. I want to thank Dean Schott and Kevin Watson for asking me, Steve Artemis for helping arrange it, Ron Brant for allowing us to use the USOTC, my fellow clinicians for their knowledge and energy, the coaches and parents of each athlete for having them participate, but mostly the athletes for their incredible desire and work ethic! I think they would all agree that this was an experience they will all benefit from.