

2010 Region IX
 Level 6 & 7 Team Camp

Location: 5280 Gymnastics
 10601 W. 44th Ave. Wheatridge, CO 80033
 Dates: July 16 -19, 2009

Please make sure athletes bring Emergency Cards, Sleeping Bag, Towel, and Swim Suit

Clinicians: Vladimir Artemev and Irena Bendassove

Participants	
Athlete	Club
Aleksander Minor	5280 Gymnastics
Cutter Fugett	5280 Gymnastics
Rory Carroll	5280 Gymnastics
Cutter Fugett	Boulder Flyers
Michael Jorstad	5280 Gymnastics
Vlad Kolmiza	5280 Gymnastics
Sammy Shepherd	5280 Gymnastics
Tucker Hunt	5280 Gymnastics
Dillan King	Arete
Kirk Malm	CTC
Andrew Beck	GK Gymnastics

Participants invited by Host Gym	
	5280 Gymnastics
	5280 Gymnastics

Times and Schedule may vary

Schedule	
Date	Activity
July 16, 2009	Check in and Meeting @ 7:30pm 5280 Gymnastics
July 16, 2009	Sleep over at 5280 Gymnastics
July 17, 2009	Session I 9:00am – 12:00pm
July 17, 2009	12:00pm – 3:00pm Lunch and Rest
July 17, 2009	Session II 3:00pm – 6:00pm
July, 17, 2009	6:00pm – 7:00pm Swimming
July 17, 2009	Dinner & Video 7:00pm – 8:30pm
July, 17, 2009	Sleep over at 5280 Gymnastics
July 18, 2009	Session III 9:00am – 12:00pm
July 18, 2009	Lunch and Rest 12:00pm – 3:00pm
July 18, 2009	Pizza Party Families Welcomed 6:00pm – 8:00pm
July 18, 2009	Sleep over at Trammell's
July 19, 2009	Session IV 9:00am – 12:00pm
July 19, 2009	Wrap –up and Depart 12:00pm – 12:30pm

Contact Information
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Golden Gymnastics
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