



## **Region III High-Performance Camp July 23, 2017**

*Hosted at WOGA-Frisco & Metroplex Gymnastics*

**Our High-Performance Camps are geared to meet the needs of athlete. We provide Collegiate and Region 3 Club clinicians who bring their knowledge and talents to each event. Rotations and groups are structured so clinicians and athletes have one-on-one time to take skills to the next level.**

- Open to Level 7 – 10/Elite athletes (Level 7 athletes should have their Level 7 competitive skills to benefit the most from camp)
- Two incredible gym locations to provide great training – Club teams will be assigned one location for the entire day and clinicians will rotate locations. Therefore, athletes will be exposed to ALL the clinicians
- Workout is split into ten 35-minute rotations with a lunch break (a box lunch can be purchased for an additional fee)
- Athlete awards presentation at the conclusion of the camp

**Registration Opens for Clubs April 10<sup>th</sup>**

Cost is \$150 per athlete

**Club Registration, schedule & other info is available on**

**[www.ssgymcamps.com](http://www.ssgymcamps.com)**

Got Questions? Email us at [ssgymcamps@gmail.com](mailto:ssgymcamps@gmail.com)