

We are committed to providing you the best gymnastics training possible. Our Program features Superior quality training in all gymnastics events plus trampoline, double mini, power and tumble tramp training, and dance/choreography. Emphasis on correct technical execution and enhancement of artistic presentation, strength and flexibility.

Work at your own pace in a safe, highly motivating and fun environment.

Our Team coaches have coached National and Olympic Teams and bring years of experience and technical knowledge to the training of gymnastics.

Spend a week with our Team coaches and experience the fun of learning new skills and meeting new friends.

Our facility is "State of the Art" gymnastics training. Our gym has 7 in-ground trampolines, tumbling strips and tumble tramps. Overhead spotting systems and in ground pits make for safe training and skill acquisition.

The gymnasts will train along side the Team gymnasts, creating opportunities for learning and friendship.

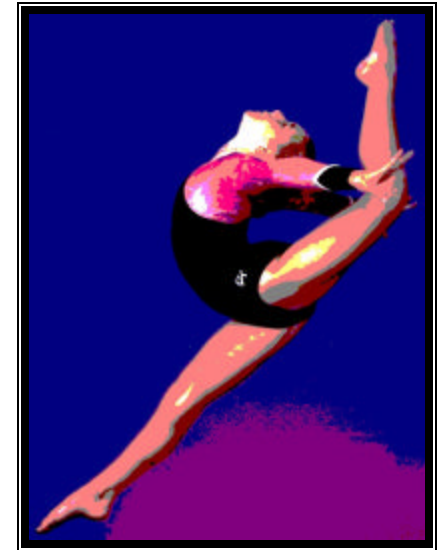
Additional recreation includes:
Ice Skating* Wild Rivers* Swimming
Gymnasts under 10yrs must be accompanied by an Adult to the outside activities.

National Gymnastics is home to numerous State, regional and National Champions.



National Gymnastics
4 Journey
Aliso Viejo CA 92656
Phone (949) 831-7300
Fax (949) 831-6722
www.ngtc.com

National Gymnastics



Summer Camp

June 22

to June 26, 2009

Coaching Staff

Nikolai Dorochenko

Head Coach and Athletic Director

Master of Sport

Former Coach of 1992 Olympic Gold Medalist

National Gymnastics Team Coach

Debra Hutchinson

Program Director and Team Coach

Coach of National, Regional and State

Champions in New Zealand and USA

Mariano Noriega

Argentinean Coach

National Gymnastics Team Coach

AND OTHER GUEST COACHES

Summer Camp

Camp Cost (all activities included).
Parents or an Adult must accompany gymnasts under 10years old to all outside activities.

One week \$ 200

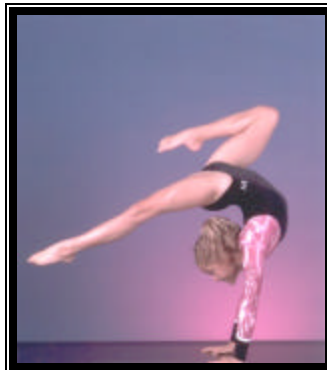
Deposit: Please return a \$50 non-refundable deposit to reserve your spot by May 30, 2009. The balance will be due June 9, 2009

Waiver: NGTC or its employees, guest coaches or host will not be held responsible for any loss, damages, personal injuries, illnesses that your child may sustain. NGTC is authorized to act on behalf in any situation, emergency, or otherwise.

Signature of Parent or Guardian:

Make checks payable to **NGTC Summer Camp**. Amount enclosed: _____

Return to:
NGTC Summer camp
4 Journey, Aliso Viejo, CA 92656



Weekly Itinerary Daily Schedule

Monday

8:30-12:00pm Warm-up and rotations
12:00-12:45pm Lunch
12:45-1:30pm Video, Demos and skills
1:30-4:00pm Afternoon rotations

Tuesday

8:30-1:00pm Warm-up and rotations
1:00-6:00pm Wild Rivers
7:00-9:00pm Evening workout

Wednesday

8:30-1:30pm Warm-up and rotations
2:00-5:30pm Ice Skating

Thursday

8:30-1:30pm Warm-up and rotations
2:00-6:00pm Pool party/Beach
6:30-8:30pm Exhibition by Team

Friday

8:30-12:00pm Warm-up and rotations
12:00-1:00pm Skills contest
1:00-2:00pm Buffet Lunch

Training Program

NGTC Camp provides excellent opportunities for the competitive gymnast. Our Training program will be a structured 4-5 hours of gymnastics.

Gymnasts will be placed in small groups with other gymnasts of their same age and skill level. For each gymnast, there will be sensible training methods and skills that do much to enhance her gymnastics future. We will focus on correct basics and new skill acquisition. The gymnasts will be challenged to accomplishment new skills and combinations. Rotations will include Vault, Bars, Beam, Floor, Tumbling, Dance and Choreography, and Trampoline

Camp application

GYMNASTS NAME	
MOTHERS NAME	
FATHERS NAME	
DATE OF BIRTH	
ADDRESS	
PHONE NUMBER	
EMERGENCY NUMBERS	
EMERGENCY CONTACT	
EMAIL ADDRESS	
CHECK AMOUNT	