



## 2015 Fall Acro Training Camps

**AGDT/ICT Team Camp: November 1-4, 2015**

**Open Camp: November 5-8, 2015**

Site – U.S. Olympic Training Center  
454 Forest Service Road #200  
Huntsville, Texas, 77340

### Participants:

- **AGDT/ICT Team Camp** - Athletes are selected in the following priority order:
  - Same partnerships
  - Alternates in same partnerships
  - Changed partnerships w/ 1 or more ICT/AGDT member
  - Alternates in changed partnerships
  - All athletes must be accompanied by a coach
- **Open Camp** – Athletes from levels 6-9 who DID NOT make any team
  - All athletes must be accompanied by a coach
- **Coaches**– In addition to the attending coaches with athletes, we will accept coaches who wish to attend either camp without bringing an athlete. Coaches must have a current USA Gymnastics Professional membership.

The focus of the **AGDT/ICT Team Camp** will be on developing skills and techniques to help athletes move towards the international track and elite levels. The athletes will receive specific instruction on both compulsory and optional skills, training tips, dance and tumbling. The coaches will work directly with their athletes, assist in the training, observe, take notes and ask questions. This camp is designed to help coaches take their athletes to the next level!

The **Open Camp** will work with new and up and coming coaches and athletes in levels 6-9. Coaches will have separate training sessions to learn about how to draw tariff sheets, routine construction, reading the FIG tables of difficulty, training plans and more. In addition there will be coach/athlete sessions where you will learn techniques for skill progressions and spotting. This camp is perfect opportunity for new club coaches and assistant coaches who want to learn to take on a bigger role at their club!

### Schedule for both camps

- **Day 1**, – Arrivals, everyone should be at the Training Center by 6:00 PM for a required welcome meeting and group activity. This means your flights should arrive no later than 4:00pm.
- **Day 2/3**, – Two athlete/coach training sessions at the National Training Center; 1-2 coach only sessions – plus evening activities for the kids.
- **Day 4**, – Morning training (9:30am-12:00pm) – departures in the afternoon with flights scheduled anytime after 3:00pm
- Exact details of the schedule, map and directions to the camp will be available upon registration

### Fees/Registration:

- The cost per person is:
  - Athlete = \$390.00 (costs are approximate)
  - Coach = \$265.00 (costs are approximate)

- This is the cost for each attending athlete and coach. This fee includes the training camp, lodging (3 nights) and meals at the National Team Training Center. The first meal is dinner on the first evening.
- Registration information will be posted on the Acro section of the USAG website.
- There are a limited number of spots and registration will be cut off once the limit of registrations has been reached.
- Refund Policy
  - Full Refund (minus a \$30 administrative fee) – if written notice is given at least 10 days prior to the start of each event
  - No Refund is given between the start of the event and within the 10 days prior to the start of the event.

Athletes and Coaches are responsible for their own air and local transportation. Airport options are Houston Hobby (HOU) which is approximately 1 hour 15 min from Karolyi's and Houston George Bush (IAH) which is approximately 1 hour from Karolyi' (*Do not book flights until your registration has been confirmed*)

For questions, please contact:  
Amy White - Email: [awhite@usagym.org](mailto:awhite@usagym.org)