

MEN'S 2009 HIGH PERFORMANCE TRAINING CAMP

REGISTRATION INFORMATION

- Camp Dates: November 27 – 29, 2009 (inclusive)
All participants are expected to attend all camp sessions.
- Registration Fee: \$50.00 per athlete
Payable to: "GBC"
Late Registration fee: \$75.00 per athlete (after Nov. 18)
- Registration Deadline: November 18, 2009
- Camp Location: Surrey Gymnastic Society
13940 77th Avenue, Surrey
(if you need directions contact John Carroll or Google it)
- Camp Capacity: The training camp will be limited to 24 athletes. The eligibility list below is the priority order for camp participants. Please be sure to use the eligibility number when listing your athletes. Also, for #3 please place your athletes on the list in priority order for your club.
- Eligibility:
1. All current BC High Performance Argo – Tyro **national team members must** attend as part of their National Team agreement (see list of 10 athletes below).
 2. All GBC registered High Performance athletes (Argo 10 – Tyro 15) wishing to attend Elite Canada and Canadian Championships and their coaches **must** attend.
 3. Any athletes striving to the HP categories that fit the age parameters. These athletes will be accommodated if room permits on a first come, first served basis.
 4. All coaches interested in attending for educational purposes (FREE!).
- All athletes must be accompanied by a club coach!!**
- Coaches - If you are from out of the Greater Vancouver area there is a chance to receive some travel assistance!*
- Camp Purpose: The camp will be lead by the Gymnastics Canada Junior Team Coach, Markos Baikos. The second session will be the Physical Preparation Testing necessary for all HP athletes to attend Elite Canada and Canadian Championships. The remainder of the camp will focus on physical and technical preparation for High Performance gymnastics.

This is a great coaches upgrading opportunity.

Coaches are free with or without an athlete!!

Event Schedule:

		<u>HP Camp Guys</u>		<u>Comments</u>
Friday	Nov-27	8:30 - 11:30	Training	
		11:30 - 1:30	Break	bring a lunch
		1:30 - 4:00	GCG Physical Prep Testing **	necessary for all HP athletes to complete
Saturday	Nov-28	12:30 - 3:30	Training	
		3:30- 5:30	Break	bring a lunch
		5:30 - 8:30	Training	
Sunday	Nov-29	10:00 - 2:00	Training	
		2:00 - 2:30	Closing Remarks	

**** All gymnasts will take part in the GCG testing.**

To register please mail cheque (1 cheque per club) and registration form to:

Gymnastics BC – Men's HP Camp
#230 – 3820 Cessna Drive
Richmond BC V7B 0A2

Current GCG Age Group National Team Members (MUST ATTEND)

Aaron Mah	Phoenix Gymnastics
Alexander Farquharson	Delta Gymnastics
Alexandre Bratty	Phoenix Gymnastics
Arman Sadhra	Delta Gymnastics
Colin Schuler-Ram	Kerrigan Gym. Acad.
Joshua Stuart	Richmond Gymnastics
Julian Geisler	Delta Gymnastics
Nicolas Bourne	Richmond Gymnastics
Nicolas Garfias	Twisters Gymnastics
Thomas Kasting	Phoenix Gymnastics

230 - 3820 Cessna Drive
Richmond, BC V7B 0A2
604 **333.3GYM** *p*
800 **556.2242** *tf*
604 **333.3499** *f*
info@gymnastics.bc.ca
www.gymnastics.bc.ca

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REGISTRATION FORM

Registration Deadline: November 18, 2009

Registration Fee: \$50.00 per athlete
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Club: _____ Contact: _____

Coaches Attending: _____ Phone: _____

Gymnasts Attending:

	<u>Name</u>	<u>Eligibility #</u>	<u>Birth year</u>	<u>Category registered in</u>	<u>T-Shirt Size</u>
1.	_____	_____	_____	_____	_____
2.	_____	_____	_____	_____	_____
3.	_____	_____	_____	_____	_____
4.	_____	_____	_____	_____	_____
5.	_____	_____	_____	_____	_____
6.	_____	_____	_____	_____	_____
7.	_____	_____	_____	_____	_____
8.	_____	_____	_____	_____	_____

Total amount of cheque enclosed: \$ _____

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