



Linda Johnson, Region 7 JOCC
2456 Vineyard Lane · Crofton · MD · 21114 · (443) 569-9412 (c)
r7jocc@gmail.com

Region 7 Pre-Season Prep Camp Bid

Camp Philosophy:

The Region 7 summer training camp Pre-Season Prep (PSP) has followed the following philosophy that has built a steady and consistent following from regional clubs over the past 10 years. This philosophy has included:

- Providing a learning environment that fosters safety, development and skill progression for optional levels
- Introducing participants to supplemental learning stations that promote success and participation in gymnastics. These have included dance, sports psychology, sports nutrition, running technique, yoga, teambuilding, artistry
- Fostering collaboration and communication between gymnasts, coaches and judges
- Maintaining high quality through reasonable clinician:athlete ratios
- Offering an open, non-qualification registration that operates on a first come-first served basis
- Maintaining affordable fees for all socioeconomic areas in Region 7
- Ensuring that regional camps will not compete with state-sponsored camps

The following are a list of host responsibilities for running a regional training camp:

1. Create a preliminary budget and format for the camp including projections for numbers of athletes, levels and sessions
2. Acquire a site* for the length of the camp (typically 3 days- Friday, Saturday and Sunday, beginning at or around 12:00pm Friday and ending around 4:00pm Sunday. Sample schedules are provided)
3. Secure a hotel for clinicians and participants
 - A master account may be used for clinicians rooms
 - The region can assist with rooming assignments for clinicians
 - The host will be responsible for paying master account costs related to clinicians. This should include breakfast arrangements for clinicians
 - The host may opt to reserve a hotel block contract for clubs, or provide a list of hotels for clubs to pursue individually
4. Assist with USA Gymnastics sanctioning procedures for the event. Regional personnel (JOCC) may be listed as Event Director. Verify all USA Gym pro and athlete numbers prior to the event
5. Marketing: Create and distribute marketing materials (brochures, registration forms, any other pertinent information)
6. Assist with registration from clubs, coaches, and judges using regional online system
 - Receiving and tracking all entries and fees
 - Verifying USA Gym numbers for all participants excluding clinicians who are not USAG members
 - Handling all changes in entries, refunds, replacements per camp policy (i.e. deadlines, levels, etc.)
 - Preparing all registration databases and sanction sign-in sheets for sign-in at camp

7. Assist JOCC with formatting the event. This includes rotation schedules for gymnasts, clinicians and judges.
8. Order and pay for apparel that typically includes
 - Region 7 leotard for gymnasts (Region will help to negotiate cost with GK)
 - Region 7 t-shirts for coaches and judges
 - Region 7 will reimburse and take any extra apparel inventory at cost
9. Arranging for qualified medical personnel to be present during camp sessions
10. Arrange for meals for participants. Typically this includes
 - One meal for gymnasts per camp session
 - One meal per day for clinicians during camp
 - One meal per day for coaches and judges (may be pre-paid, on-site payment or included)
 - Dinner for clinicians at a local restaurant (typically Saturday night)
11. Covering payment to clinicians. Master Clinicians who are club coaches are paid \$750./day. They may receive a travel stipend up to \$300., depending upon location. Clinicians hired from outside of Region 7, or outside the gymnastics community are paid industry rates based on experience.
12. Provide the region copies of all registration and financial databases

The region will assist with the following areas:

1. Marketing of the camp through state chairman, website, colleges
2. Obtain the sanction for the event, oversee sanctioning procedures during the event, and return the sanction to USA Gymnastics after the event
3. Provide any background information and templates used for previous camps useful in planning the event

4. Assist in obtaining qualified clinicians for the camp
5. Provide all communication and correspondence with clinicians including hotel arrangements, rooming assignments and stipends.
6. Obtain CPE approval for judges' participation
7. Be available during the event to direct, facilitate the camp operations
8. Return sanction report form to USA Gymnastics
9. Assist with choosing and ordering apparel as needed
10. Work in conjunction with the host to finalize the camp format and rotation schedule including athlete squads, clinician assignments

The host club will provide Region 7 a \$5.00 tax per athlete registered. The host will retain all other net proceeds from the camp.



REGION 7 TRAINING CAMP BID FORM

Name of Training Camp _____ Date of Camp _____

Name of Host Organization _____

Address _____

Name of Event Director _____ USAG Pro # _____

Name of Club Owner _____ USAG Pro # _____

Phone Number (H) _____ (C) _____ E-mail _____

Facility Name _____

Address _____

Approx size of gym area _____

Number of and size of Auxiliary Rooms/Space _____

Facility Rental Fee _____ A/C Y___ N___ No. of restrooms Women _____

Men _____

Type of equipment: _____

Length of vaulting area (including runway, table, mat area) _____

List Additional Vault stations (e.g. into pit, pit mat station, mini-tramp, etc.) _____

Number of Uneven Bars _____

List Additional Bar stations (e.g. trench bar, single rail, strap bar, etc.) _____

Number of High Beams _____

Additional beams and/or beam stations: _____

Number of full size floor areas: _____

Additional floor area: _____

Additional stations (e.g. rod floor, tumbl trak, pit landing, etc.) _____

Number, size, bed style of trampolines: _____

Medical Personnel: _____

Hotel accommodations available: _____

Distance from Camp site _____

I certify that the above information is accurate. I agree to follow the guidelines supplied by the Region 7 Administrative Committee and the USA Gymnastics Rules & Policies in the conduct of this event.

Date _____ Signature of Event Director _____

Send Bid Form with a copy of the gym floor plan to Region 7 JOCC