



2019 Region 7 JO Training Camps Save The Dates!!

**Note: Gymnasts attending camps must be accompanied by a coach*

July 12-14, 2019 Pre-Season Prep

Who: Levels 8-10

Where: Arena Gymnastics, Hamilton, NJ

Information will be emailed to states and posted on the website in late
Feb/early March

September 13-15, 2019 High Performance Training Camp



Who: All Level 9 and 10 gymnasts who competed in 2019 Easterns or JO Nationals and achieved an AA score of 36 or higher at their national meet. Qualifying score will be adjusted after nationals, if need be, to guarantee 120 participants.

Where: Woodward Gymnastics Camp, Woodward, PA

All camps will be approved for CPE credit for judges.