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Region 7 Xcel Training Camp Bid

Camp Philosophy:

- The Region 7 Xcel summer training camp philosophy focuses on the safe development of Division-appropriate skills, while promoting sportsmanship, fun, and positive interactions with fellow athletes.

This training camp will include the following priorities:

- Providing a learning environment that fosters safe skill progressions for athletes entering the Gold, Platinum and Diamond Divisions
- Developing a consistent understanding of the Xcel program's rules and goals
- Introducing participants to supplemental learning stations that promote success and participation in gymnastics. These could include dance, sports psychology, sports nutrition, running technique, yoga, teambuilding, and artistry
- Fostering collaboration, communication and a sense of community 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 (tentatively scheduled for 2 days- Saturday and Sunday, beginning at or around 9:30 am with registration and ending around 5:00pm. All Divisions of each team may train on the same day. Sample schedule is provided below)
3. Secure a hotel for clinicians and participants
 - A master account may be used for clinicians rooms
 - The region will 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. The region will apply for the sanction. The host will assist with USA Gymnastics sanctioning procedures for the event. Regional personnel (RACC) will be listed as Event Director and host will be added as a sanction administrator. Host will 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
 - Registration will be done electronically through the USA Gymnastics Meet Reservation System and Meetmaker. The host club will be given access to the databases, and will receive all registration fees.
 - Host will verify USA Gym numbers for all participants excluding clinicians who are not USAG members

- Host will manage all changes in entries, including refunds and replacements, per camp policy (i.e. deadlines, levels, etc.)
 - Host will assist in preparing all registration databases and sanction sign-in sheets for sign-in at camp
7. Host and XRC coordinate with formatting the event. This includes rotation schedules for gymnasts, clinicians and judges.
 8. Host will 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 if necessary.
 9. Host will arrange for qualified medical personnel to be present during camp sessions (including warm-ups)
 10. Host will arrange for meals for participants during the camp. 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)
 11. Host is responsible for covering payment to clinicians. Clinicians hired from outside of Region 7, or outside the gymnastics community, are paid industry rates based on experience. The host club is responsible for flight costs and arrangements for clinicians.
 12. Host will provide the region copies of all registration and financial databases after the camp.

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.

Additional Considerations:

1. A possible 80-100 athletes per day are anticipated.
2. The athlete entry fee will be \$125.00.
3. Eight to ten clinicians per day are expected.
4. DEADLINE for bids to be received in January 31, 2019. Please forward bid directly to Jane Caruso, RXCC at janecaruso2@gmail.com
5. The Xcel Training Camp will be held August 3 and 4, 2019. PLEASE NOTE: This camp is scheduled AFTER the July 31st deadline for re-registering for USAG numbers. Please make sure you and your athletes' USAG numbers are RENEWED for July 31, 2019 BEFORE the camp registration opens up. If you are not already registered for the next year, you will not be able to register for the camp. This could cause a delay in your registration and we WILL NOT hold spots

for anyone who is not registered with USA Gymnastics. So, make sure your staff and athlete memberships are all renewed BEFORE the camp registration opens up. If you have any questions about this, please feel free to reach out the Jennifer Bortz, RACC at JBortz7rac@gmail.com and she can answer any questions you may have on this.



REGION 7 XCEL 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 _____

Have you hosted a regional event? (please list) _____

Have you attended a Region 7 Training Camp? _____

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, tumble 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 RXC

SAMPLE Camp Schedule

Exact schedule will depend on the number of participants

Divisions: Entering Gold, Platinum, Diamond

Saturday and Sunday: Different Teams Each Day

9:30-10:00am	Registration
10:00-10:30am	Camp Opening
10:00-1:00pm	Coaches' Clinic with Master Clinicians
10:30 -1:00pm	Athletes: Supplemental Rotations: 30 min each
1:00 -1:45pm	Lunch Break
1:45-2:00	Open stretch
2:00 - 5:00pm	Core Rotations (V, UB, BB, TU, Dance) 40 min each
5:00pm	Camp closing