

CHELLE STACK'S BASIC TRAINING CAMP

Turning Your Basics Into Gold!

1988 USA Olympic
Team Member



USA Gymnastics
National Staff

FIG International
Brevet Judge

Chelle Stack

This camp will be intensive, and structured like a USAG Developmental Camp. I will instruct you, and your athletes with effective methods on how to train, prepare, and PASS the Elite Compulsories to develop an International Elite Athlete. We will go through each event with an In depth look at the TOPS State and National routines, Elite Compulsories routines and beginning optional construction and a correct interpretation of the text, giving you and your athletes specific areas of importance to focus on during each phase of your training plan. Drills Specific for each event with guidance and direction for optional skill selection to begin your athletes Hopes Developmental will be provided. I will do lectures after each workout to help with your planning on each event, and to develop of a successful Elite athlete and program.

This Basic Training Camp is perfect for All your coaches and athletes training to be International Elite and those athletes you are introducing to the TOPS and Developmental programs



For more information
please contact Chelle Stack at

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