

Hello Everyone!

2018 High Performance Reminders

A few last minute reminders for the Region 7 High Performance Camp September 14-16 at Woodward. **PLEASE NOTE NEW SCHEDULE BELOW AND HAVE PARENTS DROP OFF/PICK UP ACCORDINGLY!**

* Please remember to bring your liability waivers. You can download them off of the **Region 7 website**  http://www.region7usagym.comand also attached here. Don’t need medical history for coaches/judges
* **We will be printing all USA Gym numbers and expiration dates for you to initial at registration. If you are adding or replacing coaches you MUST send me this information by Wednesday Sept. 12.**
* Woodward assigns lodging for coaches. Nancy Claar assigns lodging for judges. All coaches should plan to bring bedding and towels and assume you will be in cabins (except clinicians). Nancy will let judges know if they need to bring bedding or towels.
* Remind athletes to bring bedding and towels
* Athletes are assigned cabins with their training squads. Training squads were  determined by graduation year. Remember, this is a Region 7 team event, not a club  event!
* Registration is from 3-8 at the Barn Gym. The canteen will be open to purchase food.
* **Camp opening (main gym) is from 8-9pm. Please make sure your athletes are**  **there.**
* Athlete apparel can be picked up at registration (by coaches). Gymnasts will wear leos on Sunday. Always a good idea to pack an extra leo in case there was a size error!
* Coaches’ and Judges’ apparel will be distributed as soon as we get it sorted at the camp!
* Have the girls bring flip flops to wear between gyms and water bottles to stay hydrated.
* We have set up a College ID numbering system for the athletes. Instructions will be at  each cabin and the chaperones will assist. We’ll go over this at the opening.
* **It may rain. (It usually does☺) Come prepared!**
* **Last, but not least---a reminder about our fundraiser to raise money for the Lynn Perrott Memorial Scholarship Fund! Clubs or individuals can place bets on teams during registration. I am attaching information about the fundraiser. Checks should be made payable to “Region 7” with “Lynn Perrott Memorial Scholarship” in the subject line. Each club or individual who bets on the winning team will receive a Free Entry to 2019 Regional Congress! You have until Saturday Sept. 15 at 9am to place bets.**

**See you all at camp!**

**Linda J., Region 7 JOCC**

**2018 Region 7 High Performance**

**General Schedule (NEW)**

**Friday 3-8pm Check-in/Dinner\***

 **8-9pm Camp Opening/Woodward Tour**

 **9:30pm Athletes in cabins**

 **10:00pm Lights out**

**Saturday 7:00-8:00am Breakfast**

 **8:00-11:30pm Warm-up and Rotations**

 **11:30-1:45pm Lunch and Rest**

 **12:15-1:30pm All-Star Team Meeting**

 **1:45-2:15pm NCAA Recruiting Lecture**

 **2:15-5:00pm Warm-up and Rotations**

 **5:00-6:00pm Open Gym**

 **6:30-9:30pm Athlete Pizza and Pool Party**

**Coaches/Judges Dinner including JO Update and SIYA (See if You Agree!!)**

 **9:30pm Athletes in cabins**

 **10:00pm Lights out**

**Sunday 7:00-8:00am Breakfast**

 **8:00-12:00pm Warm-up and Rotations**

 **12:00-12:30pm Closing and Awards**

 **12:30-1:15pm Lunch**

**1:30pm Departure**