



2008 Women's J.O. Coaches' Basic Spotting Clinic FACT SHEET

(Rev. 2/24/08)

Participation at this camp provides you with USA Gymnastics University Credits.



What: 2008 Women's J.O. Coaches' Basic Spotting Clinic

Who:

Coaches – Limited space... register early!

- The clinic is recommended for class instructors and compulsory team coaches. (Must be a registered USAG member).

Athletes – Limited to the first 70 registrations! Space is limited... enroll now.

- USA Gymnastics registered athletes Levels 4 to 6. (Min. age is 9 years in the calendar year.)
- It is important that each coach bring at least one gymnast to work with during the Training Camp, but **it is recommended that the coach brings 2 athletes** –in order to give the athletes a “buddy” during the camp.
- If there is additional space for athletes (after the initial registration date), a third athlete may be invited based upon when we received your registration. If you are interested in possibly adding an additional athlete, please email Steve Whitlock with this request. swhit@usa-gymnastics.org
- *Please note:* The athletes should be relatively proficient in the skills appropriate for Levels 4-6. Although the athletes will have a lot of fun, work hard, learn a lot, and make new friends, this camp is not designed as a skill development camp for the athlete. The athlete is attending to assist the coach in developing new techniques and proficiency in their spotting skills. This purpose is served best if the athlete already has proficiency at the skills trained at the spotting clinic.

When: May 31-June 3, 2008

The registration deadline is April 27, 2008

There is limited space at the camp... participation is on a first-come-first-served basis.

For **ONLINE REGISTRATION**, [CLICK HERE](#)

Where: USA Gymnastics National Team Training Center
Karolyi Gymnastics Camp

454 Forest Service Road #200, Huntsville, TX 77340 (65 miles north of IAH airport)

| [MAP and DIRECTIONS](#) | [WHAT TO BRING](#) |

Participants are responsible for their own transportation. A rental car is recommended.

Contact: Steve Whitlock, Director of Program Development, USA Gymnastics:
317-829-5636 or swhit@usa-gymnastics.org

Goals:

- This spotting camp is intended to assist coaches in improving their spotting technique for compulsory skills and other basic skills such as basic saltos in Tumbling, FFs on BB, circles (clear hips and giants) and flyaway dismounts, etc.
- The staff will include high level coaches.
- Coaching lectures and athlete activities will be held in the evenings.

Tentative Schedule:

Sat., May 31 Arrival of all athletes, coaches and staff – Evening Training
All participants must arrive prior to noon.

June 1-2 Training at National Team Training Center

Tues., June 3 Schedule departures after 3 p.m. if using George Bush Internat'l and after 4 p.m. if using Hobby.

Accommodations:

- All participants will be housed at the Karolyi Ranch.
- The athletes will stay in group cabins. Athletes must provide their own bedding and towels.
- The coaches will stay in “motel-like” rooms. For the coaches towels and bedding will be provided.
- Meals begin with dinner on 5/31 and end with lunch on 6/3.

Transportation:

- Participants are responsible for all transportation costs.

Costs:

- Coaches – The Clinic fee is \$200; Room and board costs are \$225
- Athletes – The Clinic fee is \$200; Room and board costs are \$225

Total for each coach = \$425
Total fee for each athlete = \$425