Presents the 10th annual

**High-Tech T&T**

**Training Camp**

July 24th, 25th, & 26th

Join us for our 10th annual Trampoline and Tumbling Training Camp. In our gym you will find top of the line equipment and a great set up for T&T! From **Intermediate** to **Elite**, during our 3 day (**4 training sessions**) camp we will challenge you to your limit by helping you master the skills you have and develop the skills you’re learning. Whether you are working a full or a triple back, our coaches have you covered! Not only will you learn and improve, but you will also make new friends and have new experiences that you could only have in a camp setting like this. Not only is this a great camp for athletes, this is a great camp for coaches. This is a great place to share coaching ideas and techniques!

**NOW TAKING REGISTRATIONS! REGISTER ON LINE! Space is limited!**

**OUR FACILITY: 30,000 sq ft & Air Conditioned**

- 4 Competitive Trampolines (2 In-ground competitive trampolines, one dismounting to a loose foam pit, 2 Above ground-platform deck competitive trampolines with one overhead spotting belt)
- 4x4 Euro Double-Mini Trampoline with full run and dismounting to a loose foam pit
- 4x4 Euro Double-Mini Trampoline with full run and dismounting to spec landing zone
- 84’ Rod Floor with a 31’ run up dismounting to an in-ground Resi-Pit
- 3 Advanced Bungee Flip Systems
- 40’ Air Track
- 3 Tumble Tracks to a Landing Zone, Resi-Pit, and a Loose Foam Pit
- 2 Video Analyzing Stations

**2020 Camp Staff:**

- Cari Winter - Elite Fire, IL
- D Robinson - Elite Sports Complex, IL
- Gene Kohler - St.Louis Elite, MO
- Ky Shaw - Central Illinois Gymnastics T&T, IL
- Oliver Mullin - Jump TnT, GA
- Patrick Clark - GymNation - OH
- Randy Holmes - Gym Central, OH
- Richard Mousir - Gym Central, OH

**ELIGIBILITY:**
We recommend that you can do ‘Round-off back-handspring series to a back tuck’ (**USTA Intermediate Tumbling/ USAG Level 7 and higher**) and have competitive Trampoline and Tumbling experience to get the most from our camp.

**SCHEDULE: (Detailed final schedule will be emailed prior to camp)**

<table>
<thead>
<tr>
<th>Friday July 24th</th>
<th>Saturday July 25th</th>
<th>Sunday July 26th</th>
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<tbody>
<tr>
<td>Final Times To Be Announced 2:00 pm – 6:00 pm</td>
<td>Final Times To Be Announced 10:00 am – 6:00 pm Lunch is on us!</td>
<td>Final Times To Be Announced 10:00 am – 2:00 pm</td>
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**LOCATION & CONTACT:**

8485 Broadwell Road  
Cincinnati, OH 45244  
Phone: (513) 947-0540  
website: www.gymnastics-central.com  
email: contact@gymnastics-central.com  
*see our website or contact us for directions*
COST:
Athlete Registration fee is $250.00 after May 31st.

*Early Bird Registration: Register before June 1st and pay only $205! Use promo code ‘2020HT’*

Register on-line at: [http://www.gymnastics-central.com](http://www.gymnastics-central.com) click on PARENT PORTAL

HOTEL ACCOMMODATION:

![Holiday Inn Express](image)

We have a small block of rooms for our event at the Holiday Inn Express in Milford, which is a 10 minute drive from our facility.

Holiday Inn Express & Suites
301 Old Bank Road
Milford, Ohio 45150
513-831-7829

$199.95/night

You can follow this URL for booking: Gymnastics Central 2020 Block good till 6/12/2020

![Holiday Inn](image)

We have a block of rooms for our event at the Holiday Inn Eastgate location, which is a 5 minute drive from our facility.

Holiday Inn & Suites
4501 Eastgate Blvd.
Cincinnati, OH 45245
513-752-5819

$149.00/night

You can follow this URL for booking: High Tech Camp Block good till 7/3/2020

HOW TO REGISTER:

Register on-line at: [http://www.gymnastics-central.com](http://www.gymnastics-central.com) click on PARENT PORTAL

*This information and registration/waiver form are completed with registration and payment on our website*

Call our front desk with any questions @ 513-947-0540.

NOW TAKING REGISTRATIONS! Space is limited!

Expert advice from elite coaches.

Going for double tuck off our spec length rod floor to a Resi-pit landing zone.

Want to see what you really look like? You can right after your turn with our two video analyzing stations. Get immediate feed back seconds after your turn.

Join our Facebook group to get the latest details: [https://www.facebook.com/groups/HighTechAdmin/](https://www.facebook.com/groups/HighTechAdmin/)