

High-Tech Xcel Gymnastics Training Camp

July 19th & 20th



Our 1st Xcel Camp Event!

"We've got you covered in our NEW facility!"

Join us for our 1st High Tech Xcel camp. In our NEW 35,000 sq ft FACILITY you will find top of the line equipment, pits, and trampolines! We are staffing our camp with brilliant team coaches from Ohio, Illinois, and Georgia! High Tech has everything you are looking for in a camp!

Our 2 day (2 training sessions) camp is aimed at **Bronze, Silver, Gold, Platinum, & Diamond** gymnasts. During our 2 day camp we will challenge you by helping you master the skills you have and develop the skills you're learning all while having FUN!. Whether you are working a back handspring on beam or a back full on floor, 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 fun 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

2 packed days of training

*FINAL SCHEDULE will be emailed prior to camp. *this is a planning prediction*

1

July 19th
Final times to be
announced -
TENTATIVE
12:00 pm - 4:00 pm

2

July 20th
Final times to be
announced -
TENTATIVE
11:00 am - 3:00 pm

Camp Staff

Patrick Clark

Gym Nation, OH

Austin Culp

Culprit Athletics, GA

Ky Shaw

CIGA, IL

Sheri Stulz

Flip Zone, OH

Shania Green

Culprit Athletics, GA

Kelly Wones

National Brevet Judge,
OH

Missy Adams

Gymnastics Central, OH

Alexis Mousir

Gymnastics Central, OH

Ariel Kibler

Gymnastics Central, OH

Robert Johnson

Gymnastics Central, OH

More staff to come!

Our NEW facility

Plenty of Gymnastic toys to flip on!

Vault:

AAI Vault with full run to landing zone
AAI Vault with full run to lose foam pit
Soft Vault Tumble Track training station
Xcel Vault Mat System

Bars:

AAI Elite Uneven Bars to Resi Pit
AAI Elite Uneven Bars to landing zone
Strap Bar
Handstand training station
Bounce Bar training station

Beam:

6 Speith crank beams
3 Double wide beams

Floor:

Two 40x40 Spring Floors
40' Air Track dismounting to in-ground Resi-Pit
60' Tumble Track dismounting to lose foam pit
50' Tumble Track dismounting to lose foam pit
30' Tumble Track dismounting to lose foam pit

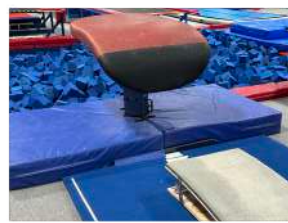
Plenty of mats, wedges, and barrels for fun and flips!

Athlete Registration: \$180.00

Registration & waiver form are completed with registration and payment on our website

Call our office with any questions 513-947-0540.

NOW TAKING REGISTRATIONS!



OUR NEW LOCATION

3972 Bach Buxton Rd, Cincinnati OH 45102

Contact info

email: contact@gymnastics-central.com

Website: www.gymnastics-central.com

phone: 513-947-0540

Register online

[CLICK HERE TO REGISTER!](#)

Space is limited!

Eligibility

Our camp is designed for and aimed at WAG girls competing in the Xcel Bronze, Silver, Gold, and Platinum levels.

HOTEL ACCOMMODATION:

We have several hotels that are less than a 10 minute drive from Gymnastics Central, use the EASTGATE location.

