



One Week Cheer Skills Camp 2012

A full week of Tumbling • Stunting • Baskets • Pyramids • Dance

The only one week cheer camp in the North East!

For Individuals, Teams and Coaches

Pop Warner - All Star - Junior High - High School - College

Boys and girls Ages 8 and up

August 5-11 at Mount Holyoke College, S. Hadley MA



The only camp in the North East with an emphasis on tumbling!

Photo and autograph session with our USGTC former Olympians and World Championship gymnasts



Tumbling and cheer coaches selected from our USGTC Elite Staff



Check usgtc out on twitter!!

USGTC Summer Camp (@USGTC) on Twitter

Join Our Olympic Year Summer Cheer Camp!



The World's largest summer camp cheer gym

Cheer Directors Corner

Ask about our FREE coach's week! Call for a personal consultation and find out how we can help you, your coaches and cheerleaders. (561)743-8550

In appreciation for all your hard work, we are offering special coach's and Chaperone pricing for the seven day camp.

Coach's, chaperone and more camper applications are on our website. We will mail you as many as you need.

Coaches, get ready for the USGTC non stop fun learning experience!!!

Tumbling

Daily tumbling clinics for coaches, taught by our elite staff. With our daily one on one help, we can help your coaches teach and spot any skill!

Cheer

Lecture demonstrations for coaches by elite USGTC staff. Learn progressions and how to spot skills

Seven Day Camper Program

Our mornings start out with a warm up that includes flexibility, strength and conditioning. Each day our campers get four structured classes. They include tumbling, stunts, baskets, and dance. Our athletes also have two optional workouts each day.

We also have our famous Color War contest that take place every morning afternoon and night. They take place in the gym, swimming pool, the dorm and in our spectacular recreation center. Color War is a great way to meet new friend, have friendly non pressure competitions for Color War point and prizes. Our recreation does not take away from valuable training time.

A Seven day camp is by far the most beneficial camp experience!

- Packed with Pyramids, Tumbling, Stunting & Dance
- Flexibility, strength & conditioning classes
- The camp with a strong emphasis on tumbling with individual help
- Open workouts for coaches and athletes who want more training
- Tumbling pit, Trampoline, Tumbler Trac, three full Floor X floors, and all new AAI mats

Coach's testimonials

"The feed back from our cheerleaders was fantastic. My girls got more out of this camp than any other camp we have ever gone to. Having the number one cheer coach in the country was fantastic. Jomo and his national championship squad members opened our eyes as to what we are capable of doing."

2009 Cheer Director

"Mike, Just wanted to say that we really enjoyed camp. Both my All Stars and high school teams learned a lot. Your staff and Jomo's staff were extremely helpful. We couldn't be more pleased with the knowledge you and your staff had to offer. See you next year."

2010 Cheer Director

Hello Mike....We attended your first summer camp with the Kentucky cheerleadersthe team LOVED IT!!!! I have to say since being back home the team has not stopped talking about camp. They really liked it a lot. Thanks again for the fun experience. The team loved the hard long hours put in each day... Cheer

Tammi A - AHS Cheerleaders



Tears of joy after completing her first, round off back handspring, back somersault.

Some Former Staff and Camp Photos



Marian Dragulescu
Former USGTC staff member.
Three time World FX champion,
Olympian Silver Medalist & one
of the greatest tumblers in the
World.
Marian, is one of the many
quality athletes who has helped
us develop our USGTC system of
coaching.

Olympic and World Champion



**The USGTC Pit for easy
and safe learning**



University of Kentucky National Champions



Welcome Individuals & teams



Never fear, Dwight is here!



Carly Patterson
Former Olympic, All Around Champion



Chellsie Memmel
Olympic Medalist & World Champion



Alicia Sacramone
Olympic Silver & World Gold



Camper/Staff relay!



THE FAMOUS USGTC "COLOR WAR" RECREATION PROGRAM

Each day, staff and campers join together on the RED or BLUE team for crazy and zany fun contests and other camp competitions! We have a theme dress up and a skit night. It's all for team points and prizes. Color War is a great way to meet new friends and have lots of fun. Our recreation program was designed so that it doesn't take away from valuable training Time. Camp ends with our camp dance, famous closing of "Color War," camp awards and camp video!

National Office: USGTC - P.O. Box 4088, Tequesta FL 33469 • (561) 743-8550 • usgtc@bellsouth.net • www.usgymnasticscamps.com

