



Region 1 Men's Gymnastics

Arizona, Hawaii, Nevada, & California



Elite Team Camp 2021

Location: Aspire Kids Sports Center, 50 S Hearthstone Way, Chandler, AZ 85226

Dates: October 2-4, 2021

Covid Protocol: This is a USAG Sanctioned event following current USAG and local guidelines. Masks will need to be worn by coaches, clinicians, and participants. Athletes can remove their masks for their turns on equipment.

(MUST) Parent signed Waiver Link: <https://aspirekidsports.com/quick-form/liability-waiver-for-all-visitors/>

RSVP Deadline: Friday September 10th, 2021

RSVP Process & Payment:

- Head coach must email antonbrady@gmail.com: **Attending athlete & coach names with T-Shirt size**
- Confirmed registration due \$350/athlete. No Coach fee. **Payment Due at Event! 1 gym, 1 check.** Each gym will bring 1 check to camp for the sum of its athletes. Checks to: 'USAG Region 1'
- No mail checks at this time.

Accommodations: Hotel Accommodations will NOT be provided this year. Region 1 will provide coaches/athletes Saturday dinner, Sunday Lunch, and Sunday Dinner, Breakfast not included. Parents are not encouraged to stay during camp training. Make sure athletes have eaten prior to training. Drop off and pick ups should be on time.

Recommended Hotels: *Group rates and LINK to be sent in separate email.*

- Element Chandler Fashion Center 44 South Chandler Village Drive, Chandler, Arizona 85226 USA
- TownePlace Suites Phoenix Chandler/Fashion Center, 3635 West Chandler Boulevard Chandler, Arizona 85226
- Hyatt Place Phoenix/Chandler-Fashion Center 3535 West Chandler Boulevard, Chandler, Arizona, United States, 85226

USAG Status: Athletes and coaches attending are required to be up to date with USA Gymnastics.

Bring: Work out shorts, stirrups, mask, grips, tape, thermos, snacks, etc. Leave valuables at home, No jewelry OR gum.

Parent Schedule:

- Saturday, October 2nd Check In: 1:00 PM & Pick Up: 9:15PM
- Sunday, October 3rd Drop Off: 9:30AM & Pick Up: 7:00PM
- Monday, October 4th Drop Off: 9:30AM & Pick Up: 1:00PM

Petition Process: Petitions are open until Friday September 10th. Petition process:

1. Email: tmrainer82@gmail.com Name, Current Age, Current Level competing this upcoming season.
2. Accomplishments in the past season (or if they did not compete due to Covid or injury then accomplishments from the 2020 and/or 2019 season)
3. Videos uploaded to the Google Drive for review (google drive link attached in email)

Chairman Adam Lomax: usagregion1@gmail.com & Event Coordinator: antonbrady@gmail.com

(Tentative) Elite Team Camp Schedule 2021

Time	Saturday 10/2	Sunday 10/3	Monday 10/4	Time
9:30-9:45		WARM UP	WARM UP	9:30-9:45
9:45-10:00		ROTATION 1	ROTATION 1	9:45-10:00
10:00-10:15				10:00-10:15
10:15-10:30				10:15-10:30
10:30-10:45				10:30-10:45
10:45-11:00		ROTATION 2	ROTATION 2	10:45-11:00
11:00-11:15		ROTATION 3	ROTATION 3	11:00-11:15
11:15-11:30				11:15-11:30
11:30-11:45				11:30-11:45
11:45-12:00				11:45-12:00
12:00-12:15		ROTATION 4	STRETCH DOWN	12:00-12:15
12:15-12:30			CLOSING REMARKS	12:15-12:30
12:30-12:45			DEPARTURE	12:30-12:45
12:45-1:00		BREAK		12:45-1:00
1:00-1:15	CHECK IN	LUNCH @ GYM		1:00-1:15
1:15-1:30				1:15-1:30
1:30-1:45	TEAM MTG			1:30-1:45
1:45-2:00				1:45-2:00
2:00-2:15	WARM UP	REST @ ASPIRE		2:00-2:15
2:15-2:30	ROTATION 1			2:15-2:30
2:30-2:45			WARM UP	2:30-2:45
2:45-3:00		ROTATION 5		2:45-3:00
3:00-3:15	ROTATION 2			3:00-3:15
3:15-3:30				3:15-3:30
3:30-3:45		ROTATION 6		3:30-3:45
3:45-4:00	ROTATION 3			3:45-4:00
4:00-4:15			ROTATION 7	
4:15-4:30				4:15-4:30
4:30-4:45	ROTATION 4			4:30-4:45
4:45-5:00				4:45-5:00
5:00-5:15		TEAM GAME		5:00-5:15
5:15-5:30	STRETCH DOWN			5:15-5:30
5:30-5:45	DINNER @ GYM	BREAK		5:30-5:45
5:45-6:00				5:45-6:00
6:00-6:15		BBQ @ ASPIRE		6:00-6:15
6:15-6:30	BREAK			6:15-6:30
6:30-6:45	WARM UP			6:30-6:45
6:45-7:00	ROTATION 5			6:45-7:00
7:00-7:15		*R1 COACHES DINNER @ 7:00PM		7:00-7:15
7:15-7:30				7:15-7:30
7:30-7:45	ROTATION 6			7:30-7:45
7:45-8:00				7:45-8:00
8:00-8:15				8:00-8:15
8:15-8:30	ROTATION 7			8:15-8:30
8:30-8:45				8:30-8:45
8:45-9:00				8:45-9:00
9:00-9:15	STRETCH DOWN			9:00-9:15

Elite Team Camp October 2nd-4th @ Aspire

59	# of Athletes	Level and Age division
Riley Rose	Go For It	10 18 yrs
Tyler Shimizu	WCOGA	
Jojo Buselmeier	NVG	
Raydel Gamboa	USA Flairs	
Brandon Gladkoff	Waller's GymJam	
Cailen Walker	Head Over Heels	10 17 yrs
Ezrael Orino	SCATS	
Eric Hoe	NVG	
Grant Guerrero	SCATS	
Aaron Chander	Go For It	
Arun Chhetri	Olympica USA	10 16 yrs
Colin Flores	WCOGA	
Ryan Barela	NVG	
Tas Hajdu	Go For It	
Nicholas Lester	NVG	
Vahe Petrosyan	Olympica USA	10 15 yrs
Maxwell Odden	NVG	
Toma Murakawa	Olympica USA	
Troy Nuesca	Olympica USA	
David Ramirez	CCG	
Jaden Bottarini	Olympica USA	9 14 yrs
Wade Nelson	SCATS	
Grey Westmore	Olympica USA	
Peter Davis-Ross	CCG	
Luca Nacimiento	GO	
Nick Deng	Olympica USA	9 13 yrs
Justin Park	NCG	
Nicholas Kosarikov	WCOGA	
Dylan Briones	Jr. Sun Devils	
Ashton Tomes	NVG	
Jacob Boomershine	SBG	All 9's and 10's, Select top 5 for specialist by score
Gage Kalley	WCOGA	
Brandon Dang	WCOGA	
Aidan Myers	American Kids Spts	
Jace Hashimoto	Go For It	
Reece Landsperger	USA Flairs	

Levon Chalikyan	Olympica USA	
Jack Critz	SCATS	
Christopher Hou	Seawind	
Elyas Sharp	Jr. Sun Devils	
Matthew Navarro	WCOGA	
Marcus Kushner	SBG	All 9's and 10's, Select top 3 for specialist by SV
Preston Ngai	Elevate	Nationals top 20 AA and Event top 10
Niko Greenly	High Sierra	
Roy Waletzki	SCATS	
Tommy Gersbacher	Yorba Linda	
Lorenzo Diaz	Go For It	
Misha Romo	SCATS	
Tyler Flores	West Coast	
Kaien Orion	GO	
Brendan Strom	GO	
Dylan Weidknecht	NVG	
Jesse-Lee Pakele	HITS	
Khalen Curry	Head Over Heels	
Brandon Elias	GO	
Tj Bosalet	SCATS	
Oliver Sons	Eric Will	
Marqus Miranda	Payke	
		Petition
Adriel Perales-Valencia	Gym World Central	Approved