

8th Annual

Achievers 2019

SUPERCAMP

For Girls
July 26/27/28



For: GIRLS - COMPETITIVE GYMNASTICS
SUGGESTED LEVELS 2-10 USAG – TAAF

*Sport
Psychology!*

Where: Achievers Gymnastics Center
3014 S I-35E, Denton Texas 76210

Injury Prevention!

July 26th – 12:30-5:30pm, July 27th – 9:00am-6:00pm, July 28th – 9:00am-1:30pm

Who: Our camp is for girls ages 7-17

Cost: \$370 per gymnast -enrollment cap 110

\$370 before June 15th - \$400 after June 15th

**10% discount for Achievers team members -20% discount for family siblings
Visiting Coach – FREE with 5 or more athletes / Otherwise \$175**

The Achievers girls super camp has quickly become one of the premier girls' team level gymnastics camps in the Southwest. From the state-of-art facilities and equipment, to the outstanding staff we have assembled over the past 8 years, not



only do we teach skill development from basic to complex, but equal emphasis is placed on the entire gymnast/athletes well-being, from injury prevention, strength & conditioning, sports nutrition, and sport psychology!

**Compulsory & Optional
Skill development!**

Strength & Conditioning!

Nutrition education!

Dance for Gymnastics!

Camp Director: Frank Kudlac – A former men's collegiate gymnast, he is the Owner and Director of Operations at Achievers and girls' team coach for Levels 2-10. He served as the head coach of the TWU gymnastics program for 33 years, leading it from a club sport to a record nine-time USA Gymnastics Collegiate National Championships.

(over)

Clinicians scheduled to attend:

Cora Bagoli – Gaby's Gym School, Girls Team Director / Clinician – FlipFest, TN
Lisa Bowerman – Head Coach, Texas Woman's University
Jennifer Cobb - Dance for Gymnastics, Bachelor of Arts, TWU - Dallas TX
JJ Conley – Former Head Coach, Achievers Gymnastics Center
Nick Chaimson – Achievers Girls Team Coach
BJ Flanagan - Former NCAA Gymnast, Owner Body by BJ, Owasso, OK
Jeff Garmon - Head Girls Coach, Chisholm Trail High School, TX
Chris Hood – Head Coach and Owner, Gulf Coast Gymnastics, Pensacola, FL
Stephen Hood – Assistant Coach, Texas Woman's University
Johnna Kudlac – Registered Dietitian, Sports Nutrition Specialist
Bethany Larimer – Achievers Girls Team Coach
Marcella Lovegrove - Achievers Girls Team Coach – Compulsory director
Earl Metzler – Owner, Head Coach, Metzler's Gymnastics – Downingtown, PA
Abby Milliet – Former gymnast - Auburn University NCAA All American
Josh Nielson – Head Coach, Temple University
Cory Smith – Head Coach, Royals Gymnastics Team - Copperas Cove, TX
Miles Smith – Girls Team Coach & Head Coach, Aeros T&T Team– Copperas Cove, TX
Michael White – Achievers Girls Team Coach

Questions?

Contact Frank Kudlac
At 940-4844900

E-Mail:

Frank.Kudlac@Achieversgymnastics.com

Information is also on our
web site:
Achieversgymnastics.com

Special guest coaches:

Wendy Bruce Martin - 1992 Olympian - Sport Psychology
Haley Horton – Former Gymnast, Univ of Oklahoma, NCAA All-American



Camp tuition includes:

T- Shirt
Lunch on July 27th
All Break Snacks and drinks
Full payment (\$370) is due by June 15th
\$400 after June 15th

Make all checks payable to:
Achievers Gymnastics Center
(Visa/MC accepted)

Overnight Accommodations NOT included

Camp Host Hotel – Comfort Inn & Suites
Corinth, TX 940-497-6300
Ask for Achievers Super Camp rates!

Camp Schedule:

Friday July 26th

Registration 12:30 - 1:00
Workout 1:00 - 6:15

Saturday July 27th

AM Workout 9:00 - 1:00
Lunch 1:00 - 2:00
PM Workout 2:00 - 6:00

Sunday July 28th

Workout 9:00- 1:00
Camp concludes 1:00 - 1:30

