

# 2018 5th Annual Achievers Summer Super Camp For Boys!

For: BOYS - COMPETITIVE GYMNASTICS LEVELS 4-10

**Technical  
Skill Development**

Where: Achievers Gymnastics Center  
3014 S I-35E, Denton, Texas 76210  
July 27, 28 & 29, 2018

**Nutrition  
education**

July 27th – 12:30-5:30, July 28th – 9:00am-6:00pm, July 29th – 9:00am-1:30pm

**Who:** Our camp is for boys ages 7-17 and ability levels USAG 4-10.

**Cost:** \$295 per gymnast - enrollment cap 60

**\$295 before June 15<sup>th</sup> - \$320 after June 15<sup>th</sup>**

**10% discount for Achievers team members -20% discount for family siblings**

**Visiting Coach – FREE with 5 or more athletes / Otherwise \$150**

**Compulsory & Optional  
skill development!**



**Sport Psychology!**

**Injury Prevention  
Strength & Conditioning**

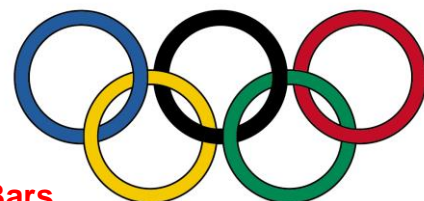
The Achievers boys super camp has quickly become one of the premier boys' team level gymnastics camps in the Southwest. From the state-of-the art facility and equipment, to the outstanding staff we have assembled over the years, not only do we teach skill development from basic to complex, but equal emphasis is placed on the entire gymnast/athlete well-being from injury prevention, strength and conditioning, sports nutrition and sport psychology!

**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:

**Ryan Turney** - Boys Competitive Program Director – Achievers  
**Logan Doughty** – Assistant Boys Team Coach - Achievers  
**Brian Smith** - Head Coach - Boys Team - Lone Star Gymnastics - Ft Worth, TX  
**Cameron Sweny** – Head Coach – Rockwall High School/ USAG men’s national judge  
**Wally Meierarend** – Boys Competitive Program Director – GAGE Gymnastics, Kansas City, MO  
**Johnna Kudlac** – Registered Dietitian, Sports Nutrition Specialist  
**Jennifer Cobb** - Dance for Gymnastics, Bachelor of Arts, TWU - Dallas TX  
**BJ Flanagan** – Owner Director – Body by BJ – Tulsa, OK



## Special guest coaches:

**Kevin Mazeika** – 2004, 2008 & 2012 Men’s Head Olympic Coach  
**Sean Townsend** – 2000 Olympian, 2001 World Champion – Parallel Bars  
**Wendy Bruce Martin** - 1992 Olympian Sport Psychology – Get Psyched  
**Lisa Mitzel** – NCAA National Champion, 6 time All-American  
Author/Illustrator of the book “**FOCUSED and ON FIRE**”

### Camp tuition includes:

T- Shirt  
Lunch on July 28th  
Break Snacks and drinks  
**Full payment (\$295) is due by June 15th**  
**\$320 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 27th

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

#### Saturday July 28th

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

#### Sunday July 29th

Workout	9:00- 1:00
Camp concludes	12:40 - 1:30

Questions??

**Contact Frank Kudlac**  
At 940-484-4900

**E-Mail:**

[FKudlac@achieversgymnastics.com](mailto:FKudlac@achieversgymnastics.com)

Information is also on our web site:  
[www.achieversgymnastics.com](http://www.achieversgymnastics.com)

