

**6th Annual**  
**Achievers 2019**  
**SUPERCAMP**  
*For Boys*  
**July 26/27/28**

For: BOYS - COMPETITIVE GYMNASTICS - SUGGESTED LEVELS 4-10

**Technical  
Skill Development**

Where: Achievers Gymnastics Center  
3014 S I-35E, Denton, Texas 76210  
**July 26, 27 & 28, 2019**

**Nutrition  
education**

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

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

**Cost:** \$370 per gymnast - enrollment cap 70

**\$370 before June 15<sup>th</sup> - \$400 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 \$175**

**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.



## Clinicians scheduled to attend:



## Special guest coaches:

**Kevin Mazeika** – 2004, 2008, 2012-Men's Head Olympic Coach

**Jonathan Horton** – 2008 & '12 Olympian, 6-time NCAA Champion – American Ninja Warrior

**Mark Williams** – 2016 Men's Head Olympic Coach, Current Head Coach University of Oklahoma

**Yul Moldauer** – 2017,18,19 American Cup Champion, US National Team Member, NCAA Champion

**Wendy Bruce Martin** - 1992 Olympian, Sport Psychology – Get Psyched

**Ryan Turney** - Boys Competitive Program Director – Achievers

**Logan Doughty** – Former Assistant Boys Team Coach - Achievers

**Brian Smith** - Head Coach - Boys Team - Lone Star Gymnastics - Ft Worth, TX

**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

.....and other local/National boys team coaches

### Camp tuition includes:

T- Shirt

Lunch on July 27th

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 – call gym to pay)

940-484-4900

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 1-1:30

Questions??

**Contact Frank Kudlac**

**At 940-484-4900**

**E-Mail:**

[Frank.Kudlac@achieversgymnastics.com](mailto:Frank.Kudlac@achieversgymnastics.com)

Information is also on our web site:

[www.achieversgymnastics.com](http://www.achieversgymnastics.com)

