



9th Annual Achievers 2021

SUPERCAMP

For Girls

July 30/31/Aug 1



For: GIRLS - COMPETITIVE LEVEL GYMNASTICS

SUGGESTED LEVELS 2-10 USAG – TAAF

Sport Psychology!

Where: Achievers Gymnastics Center

3014 S I-35E, Denton Texas 76210

Injury Prevention!

July 30th – 12:30-5:30pm, July 31st – 9:00am-6:00pm, Aug 1st – 9:00am-1:30pm

Who: Our camp is for girls ages 7-17

Cost: \$400 per gymnast -enrollment cap 110

\$400 before July 1st - \$450 after July 1st

\$370 for Achievers team members -20% discount for family siblings

Visiting Coach – FREE with 5 or more athletes / Otherwise \$195

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 9 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!

**Special Guest Coach:
Audrey Davis!
Univ of Oklahoma**

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 plus, other local and national coaches

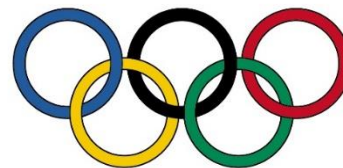
Cora Bagoli – Gaby's Gym School, Girls Team Director / Clinician – FlipFest, TN
Kelsea Kocan – Clinician, FlipFest, TN, Head Coach Champion Gymnastics, IL
Lisa Bowerman – Head Coach, Texas Woman's University
N'tegrity! - Dance for Gymnastics, Flip Fest Dance Coach extraordinaire!
Megan Fenton, Former UCLA Gymnast, Head Coach – Richardson Gymnastics
Jeff Garmon - Head Girls Coach, Chisholm Trail High School, TX
Stephen Hood – Assistant Coach, Texas Woman's University
Johnna Kudlac – Registered Dietitian, Sports Nutrition Specialist
Marcella Lovegrove - Achievers Girls Team Coach – Optional Team Coach
Earl Metzler – Owner, Head Coach, Metzler's Gymnastics – Downingtown, PA
Abby Milliet – Auburn University NCAA All American, Achievers Coach
Mik Nelke – Camp of Champions legend - CA
Michael White – Achievers Girls Team Coach, TAAF Director
Bethany Larimer – Head Coach Saginaw HS, Former Collegiate Gymnast

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
Mary Wright – New Zealand Olympic Team Coordinator, Elite Coach
Former USA Gymnastics staff coach & choreographer,
Coach of 11 Olympians!
Audrey Davis – Current Gymnast, Univ of Oklahoma



Camp tuition includes:

T- Shirt
Lunch on July 30th
All Break Snacks and drinks
Full payment (\$400) is due by June 15th.
\$450 after June 15th

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

Overnight Accommodations NOT included

Camp Host Hotel:

Next door to gym!
Holiday Inn Express & Suites - South
3180 S I-35E, Denton, TX 940-205-5100

Ask for Achievers Super Camp rates!

Contact is Alysia Espada – Assist. Manger

Camp Schedule:

Friday July 30th

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

Saturday July 31st

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

Sunday Aug 1st

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



Questions??

Contact Frank Kudlac
At 940-484-4900
E-Mail:
FKudlac@achieversgymnastics.com

