

2018 7th Annual Achievers Summer Super Camp For Girls!

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

Sport
Psychology!

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

Injury Prevention!

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

Who: Our camp is for girls ages 7-17

Cost: \$295 per gymnast -enrollment cap 110

\$295 before June 15th - \$320 after June 15th

**10% discount for Achievers team members -20% discount for family siblings
Visiting Coach – FREE with 5 or more athletes / Otherwise \$150**

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 7 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.

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Clinicians scheduled to attend:

Cora Bagoli – Gaby's Gym School, Girls Team Director / Clinician – FlipFest, TN
Lisa Bowerman – Head Coach, Texas Woman's University
Doug Byrnes – Head Coach, Hamline University, WI
Jennifer Cobb - Dance for Gymnastics, Bachelor of Arts, TWU - Dallas TX
Debbie Cusimano – Coach and Co-Owner, GQ Gymnastics, St Louis, MO
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
Stephen Hood – Assistant Coach, Texas Woman's University
Kelsea Kocan – Clinician, FlipFest, TN
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
Josh Nilson – Assistant Coach, US Air Force Academy
Justin Reynolds – Head Coach, Superior Gymnastics – Morrisville, North Carolina
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

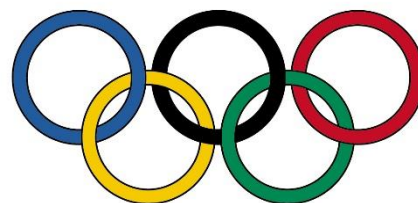
E-Mail:

Frank.Kudlac@Achieversgymnastics.com

Information is also on our
web site:
Achieversgymnastics.com

Special guest coaches:

Wendy Bruce Martin - 1992 Olympian - Sport Psychology
Lisa Mitzel – NCAA National Champion, 6 time All-American
Author/Illustrator of the book "FOCUSED and ON FIRE"
Mary Wright – New Zealand Olympic Team Coordinator, Elite Coach
Former USA Gymnastics staff coach & choreographer,
Coach of 11 Olympians!



Camp tuition includes:

T- Shirt

Lunch on July 28th

All 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 1:00 - 1:30