

## 2009 TOP National Training Camp

**What:** 2009 National TOP Training Camp  
**Who:** 2009 9-11 Year Old National TOP Team and Coaches  
2009 7-8 Year Old Diamond Level TOP Team (Coaches only)  
**When:** December 2-6, 2009  
**Where:** USA Gymnastics National Team Training Center  
Karolyi Gymnastics Camp  
454 Forest Service Road #200 - Huntsville, TX 77340  
936-291-3314 Phone 936-291-3314 Fax

**Host Hotel:** Karolyi Gymnastics Camp Cabins

**Goals:** Training will be on Basics and Optional Skills Development

### General Information:

December 2 - Arrival of all athletes, coaches and staff (physical abilities testing)

December 3-5 - Training at National Team Training Center

December 5 - Training Camp Awards presentations for athletes, coaches, staff and parents

December 6 - Departures of athletes, coaches and staff

### 9-11 Year Old National Team Members

- USA Gymnastics pays all expenses. (air travel, food, and lodging)
- USA Gymnastics must book all A Team Member's flights.
- Athletes will be required to attend the entire training camp.
- Athletes MUST be accompanied by a coach to the camp.
- Room assignments will be made by USA Gymnastics
- Parent observation of Training Camp - Saturday afternoon, December 5.
- Airport shuttle service for athletes and their coaches will be provided.

### 9-11 Year Old National Team Members Coaches:

- Coaches are responsible for their own airfare. USAG will book the coach's air travel upon request indicated in the Acceptance Form.
- Room and Board for the camp is \$280. This will include all meals.
- Housing will be gymnastics camp cabins.
- If you choose to stay in a local hotel, no meals or transportation will be provided.
- It is best if USAG books your flight with your athlete

### 7-8 Year Old Diamond Level Team Members' Coaches.

- \* USA Gymnastics will provide meals and housing only.
- \* Housing will be gymnastics camp cabins. If you choose to stay off site, you will be responsible for your entire room, board and local transportation.
- \* You must book your own air ticket.
- \* **Arrivals must be for Dec. 2 and must be between 10:00 AM and 2:00 PM**
- \* **Departures must be on Dec. 6 and must be between 9:00 AM and 2:00 PM.**
- \* **All flights must be into Houston Intercontinental Airport (IAH).**
- \* If you arrive other than the designated arrival times, you will be own your own.
- \* If you fail to inform USAG of your travel arrangements, you are on your own.