

Region 5 TOPS Training Camp

May 20 – 21, 2107

Buckeye Gymnastics

7159 Northgate Way

Westerville, OH 43082

Content: Drills and Skills for Events, Physical Preparation Development, Beam and Floor Dance, and Physical Abilities Testing.

Training Staff: Luminita Garcy, Ivan Ivanov, Antonia Markova and Others TBA.

Who Can Attend:

- **Priority through April 1st to 2016 National TOPs testing qualifiers 7 - 9 year olds**
- **April 2nd registration will open for all additional gymnasts 7 – 10 years old who are planning to register for a state TOPs testing in 2017**

Gymnast Entry Fee: \$100.00 per gymnast.

Coaches Entry Fee: Free to coaches with registered gymnasts. Observing coaches \$40.00. No refunds after May 9th (midnight).

Registration Deadline: Open online registration with USA Gym Registration System from March 20th (9am) to April 12th (noon). Select **Region 5 TOPS Training Camp** (Sanction # **62294**).

Payable To: Region 5

Mail To: Dave Stiles, RACC

105 Woodland Lane

Carmel, IN 46032

Deadline: March 18, 2017

Tentative Schedule: Saturday, May 20, 2017

Session 1 (1:30 – 5:30)

Vault, Bars, Beam, Floor & Dance

Session 2 (6:30 – 8:30)

Physical Abilities Preparation

Sunday, May 21, 2017

Session 3 (8:00 – 12:00)

Vault, Bars, Beam, Floor & Dance

Sunday, May 21, 2017

1:00 pm State TOPs Testing (\$50)

MUST register separately through USAG

Hotels: Holiday Inn Express & Suites

8670 Orion Place

Columbus, OH 43240

614-781-6100

Cambria Hotel & Suites

9100 Lyra Dr.

Columbus, OH 43240

614-841-9100

Hilton Garden Inn

8535 Lyra Dr.

Columbus, OH 43240

614-846-8884

Hilton Polaris

8700 Lyra Dr.

Columbus, OH 43240

614-885-1600

