

# Region 5 TOPS/Hopes Training Camp

**May 25 – 26, 2018**

**Buckeye Gymnastics**

**7159 Northgate Way**

**Westerville, OH 43082**

**TOPs Testing Sunday, May 27<sup>th</sup>**

**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, Dan Baker and others TBA.

**Who Can Attend:**

- **Any gymnast who is planning to register for a state TOPs testing in 2018**
- **Hopes Gymnasts**

**Gymnast Entry Fee:** \$100.00 per gymnast.

**Coaches Entry Fee:** Free to coaches with/without registered gymnasts.

**Registration Deadline:** Open online registration with USA Gym Registration System from March 1st (12am) to April 27th (12am). Select **Region 5 TOPS/Hopes Training Camp** (Sanction # 66478).

**Payable To:** Region 5 USA Gymnastics

**Mail To:** Dave Stiles, RACC

105 Woodland Lane

Carmel, IN 46032

**Deadline: April 27, 2018**

**Tentative Schedule:** Friday, May 25, 2018

Saturday, May 26, 2018

Session 1 (8:00 – 12:00)

Session 3 (12:30-2:30)

Vault, Bars, Beam, Floor, Dance

Physical Abilities Prep

Session 2 (2:00 – 4:00)

Session 4 (4:00-8:00)

Physical Abilities Prep

Vault, Bars, Beam, Floor, Dance

**Sunday, May 27, 2018**

**9:00 am 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

