



## **2026 REGION 7 PRE-SEASON PREP TRAINING CAMP**

- When:** June 26-28, 2026  
Level 8/9: Friday-Saturday, June 26-27  
Level 7: Saturday-Sunday, June 27-28
- Where:** Parkettes National Training Center  
401 Martin Luther King Jr Drive, Allentown, PA
- Who is Eligible?** Levels 7-9. Gymnasts who competed optionals in 2026 and who will qualify to a minimum of Level 7 in 2026-27. Athletes will be grouped first by level then club.  
**100 gymnasts will be accepted per camp on a first come, first serve basis**
- Camp Highlights** **FORMAT:** 3 sessions of rotations lead by master clinicians with demonstrated success regionally and/or nationally. Supplemental training events may include yoga, dance, artistry, conditioning and more!  
Note: First session will include supplemental events for athletes while personal coaches work with Master Clinicians. Sessions 2 and 3 will include core events for athletes with their personal coaches, with oversight from Master Clinicians (see schedule below). **Master Clinician for Trampoline drills - Trampoline Specialist Joy Umenhofer-Stovall!**
- Camp Entry Fee:** \$200.00 per gymnast (includes camp leotard and one (1) meal during camp).  
Coaches without gymnasts and non-working judges: \$50.00  
**Registration deadline: 5/31/20256 or earlier if camp fills. NO refunds after 06/4/2026. Registration on MRS opens 3/31/26.**
- Clinic fills prior to the deadline each year – so get entries in early!**
- Meals:** One meal during camp is included in the registration fee for athletes. Meals will also be provided for clinicians, coaches and working judges.
- Hotel:** Hyatt Place Allentown West  
621 Grange Rd  
Allentown, PA  
Rate: \$209.00/night  
Registration Link: <https://www.hyatt.com/events/en-US/group-booking/ABEZA/G-REG7>  
**Deadline: 5/29/26**
- Registration:** Please register through MEETMAKER. **Registration deadline: 5/31/20256 or earlier if camp fills. NO refunds after 06/4/2026. Registration on MEETMAKER opens 3/31/26.**  
Please review the camp skills list (below) before entering gymnasts. We will do our best to change levels as requested, but since the camp traditionally fills changing from one camp to the other may not be possible.
- All gymnasts must be accompanied by a coach!**
- Be sure to include leotard sizes for all gymnasts.**  
Link to GK Sizing chart:  
<http://images.gkelite.com/images/static/sizecharts/size-charts-inches-womens-leos.pdf>
- Contacts:** Any updates will be posted on the Region 7 Website: <http://www.region7usagym.com>.  
Questions regarding registration: Registration: Jen Bortz, [jbortz7rac@gmail.com](mailto:jbortz7rac@gmail.com)  
All other camp inquiries: Camp Director Linda Johnson, RJOCC, [r7jocc@gmail.com](mailto:r7jocc@gmail.com)

## 2026 Pre-Season Prep Training Camp Schedule

### Level 8/9

#### Friday:

12:00-12:30pm	Registration
12:30-1:00pm	Camp Opening/Warm up
12:15-3:30pm	Coaches' Clinic with Master Clinicians
1:00-3:30pm	Supplemental Rotations (Yoga, Bar Shaping, Dance, Conditioning, Practice Judging) 30 min each
3:30-4:00pm	Break (Dev Update for Coaches and Judges) (Meal)
4:00-4:10pm	Warm Up
4:10-7:30pm	Core Rotations (UB, V, BB, Tr, TU) 40 min each

#### Saturday:

8:00-8:30am	Warm Up
8:30-11:50am	Core Rotations (UB, V, BB, Tr, TU) 40 min each
11:50-12:00pm	Camp Closing

### Level 7

#### Saturday:

12:00-12:30pm	Registration (meal for coaches and judges staying from Level 8)
12:30-1:00pm	Camp Opening
12:30-3:30pm	Coaches' Clinic with Master Clinicians
1:00-3:30pm	Supplemental Rotations (Yoga, Bar Shaping, Dance, Conditioning, Practice Judging) 30 min each
3:30-4:00pm	Break (Dev Update for Coaches and Judges) (Meal)
4:00-4:20pm	Warm Up
4:20-7:40pm	Core Rotations (UB, V, BB, Tr, TU) 40 min each

#### Sunday:

8:30-9:00am	Warm Up
9:00-12:20pm	Core Rotations (UB, V, BB, Tr, TU) 40 min each
12:20-12:30pm	Camp Closing

### Skill Focuses Per Level

	VAULT	BARS	BEAM	TUMBLING
Level 7	Yurchenko/Tsuk Timers and Drills	Cast Handstands and pirouettes  Circle Elements  Dismounts	Backward Series  Flight Elements  RO Dismounts	Backward Layout and Twisting  Front Combos
Level 8	Yurchenko Drills	Circle elements,  Overshoot drills	Backward series  Connections, RO  Dismounts	Backward twisting,  Forward combos
Level 9	Yurchenko Drills/Downhill  Upgrades	Pirouetting,  Bar transitions	Series connections,  Aerial/salto single  Skills	Double salto, combo  (front or back)