

## 5th Annual Elite Gymnastics Camp at Champions Academy

June 21-25, 2010

This is a specialized gymnastics camp for competitive gymnasts who are serious about improving their craft. Gymnasts will focus on age/level specific basic skills, conditioning techniques, and compulsory and/or optional routine development. Campers will have the rare opportunity to train with Olympic medalist, 5-time World Champion Jinjing Zhang, and college and elite coaches. You will have a chance to polish your skills, learn new skills, make friends and have tons of fun.

Guest Coaches: Michael Ashe – Golden Bears Head Coach, Aaron Filloyd – Cal Bear Assistant Head Coach, Sho Nakamori – Stanford University Alumni, Champions Olympic Hopeful



### Men's & Women's Elite Camps



Schedule: Monday (6/21) – Friday (6/25)  
Morning workout: 9:30 AM – 12:30 PM  
Lunch/rest: 12:30 PM – 1:30 PM  
Afternoon workout: 1:30 PM – 4:30 PM

### Full Weekly Camp

Includes 5 full-day sessions (Monday-Friday), lunch & drinks, field trip, Friday finale Inters-quad, and Friday night sleepover, karaoke & more)

\$500.00 (Lunch & Drinks INCLUDED) – Member Rate  
\$550.00 (Lunch & Drinks INCLUDED) – Non-Member Rate



### Super Specials

#### Early Bird Discount

\$30 OFF Weekly Camp

When you register & pay in full by  
May 15, 2010

#### Group Discount

10% OFF for groups of 15 or more  
from the same club (must submit  
all forms with ONE payment)

Daily rates available. See registration form for details. Registration open March 15, 2010. Check [www.causa.us](http://www.causa.us) for updates or email [info@causa.us](mailto:info@causa.us) for more information.

Full payment due at the time of registration. 50%  
Non-refundable if cancelled after May 31, 2010.)

