

# ***2007 REGION 4***

## ***HIGH PERFORMANCE TRAINING CAMP***

- WHEN:** October 19-20-21
- WHERE:** Iowa Gym-Nest – Iowa City, Iowa
- WHO:** Level 10 National Competitors & Level 9 Western Competitors  
Level 10 Alternates will be considered if space allows  
Injury Petitions may be considered by the RAC
- FEES:** FREE for all Gymnasts and Coaches if your Club participated in the 2006 Training Camps  
(If space allows, clubs that did not participate may enter for \$180/gymnast \$100/Coach)
- TENTATIVE SCHEDULE:** Friday – Late Afternoon Open Workout followed by a Staff Meeting  
Saturday – All Day  
Sunday - Till about 1:00 PM
- HOTELS:** **AmericInn** - across the street from the gym, you can walk to training  
2597 Holiday Rd.  
Coralville, IA  
319 625 2400  
\$79.95 - 2 - queens, includes breakfast  
Mention: Region 4 Training Camp (Block of rooms will be held until September 20,2007)
- Country Inns & Suites** - directly across the highway, you can see the gym but have to drive.  
319 545 8464  
\$89.00 2-queens, includes breakfast  
(Block of rooms will be held until September 20,2007)
- DEADLINE:** **Camp will fill on a first –come basis.**  
E-mail or mail your registration information.
- MAIL TO:** Region IV Gymnastics Training Camp  
3636 S. 144<sup>th</sup> St.  
Omaha, NE 68144
- CONFIRMATION:** E-mailed to you. Final information will be posted on the Region 4 Website
- QUESTIONS???** Contact: Don Houlton, JOPC (402) 334-0396 E-mail: [nebraskagold@cox.net](mailto:nebraskagold@cox.net)

