

**GymStars USAG USAIGC**

# Team Training Camp 2011

## Aerials Gymnastics

Parents, allow me to introduce myself. My name is Rick Palumbo and I have had the privilege of training elite level athletes for over two decades. These athletes have represented the United States and other countries on their National, World and Olympic Teams. As the founder of Team USA Gymnastics Camp, which featured the most successful athletes and coaches of our time, I was able to promote the benefits of personalized and focused training.



If your daughter is a GymStar, USAG level 3, or USAIGC Copper level, and up, and wants to improve her skills, then allow me to extend an invitation to attend an exciting training camp right here at our fully equipped, gymnastics club.

Imagine your daughter as one of only 40 athletes that will train and rotate as if they were part of an elite training squad. The campers are divided into groups of 8 and train at least 6 hours each day with our staff. We have seen the positive results of focused, goal-oriented training. Results that improve a gymnast's self-esteem, independence and performance abilities. Through this system of positive reinforcement and specific goal setting, we have been able to help place many athletes on their National Teams.

### PHILOSOPHY

Our philosophy has been the same for over 30 years. The Aerials program builds confidence through success. We believe that small successes build confidence. That new-found confidence leads to bigger successes and an even

higher level of confidence.



*National AA Champion, Kristy Powell, with Aerials team members.*

Through this progressive "success-confidence-success" method we help children understand how to set realistic goals and then achieve them.



*Raj Bhavsar, 2008  
Olympic bronze, 2004  
Olympic Team*

## THE GYM

Our 15,000 ft gym features:

- ▶ the latest equipment and training devices available.
- ▶ 2 in-ground, Olympic size, trampolines with overhead spotting harness
- ▶ Mirrored dance room.
- ▶ Loose foam landing pits for vault, floor, and bars.
- ▶ Resi-pits, beam & bars.
- ▶ In-ground "Trench Bar" training system for bars

- ▶ Air conditioning for "Cool" summer training.

## LODGING

As for lodging we have two convenient options: Our out-of-town campers can bunk in with members of the Aerials Team and their families. The Aerials Team families are great hosts and the athletes make new friends at their "Second" home. Meals, transportation and supervision are supplied by team families throughout the week.

Another option for our out-of-town guests, who travel with their coach or gym chaperones, is hotel lodging at the nearby French Creek Inn. Guests who stay at the Inn take their meals at O'Grady's Family Restaurant just next door to our gym.



*3x NCAA Champion  
Theresa Kulikowski*

Whatever your choice, you can rest assure that your children have quality supervision and safety as campers are under 24-hour observation by either our adult staff in the gym or a club parent, or coach, outside the gym. Our medical doctor is on call 24 hours a day.

## RECREATION

How about recreation?



Of course, in order to be successful, we must strike a balance between hard work and recreation. Our rest times are



*Campers enjoy a cool dip.*

intermingled with day and evening outings, like swimming and rock climbing, and trips that are unique to the area.

In addition, we participate in

friendship and memory making activities that will last your child's lifetime. However, keep in mind, our number one focus is training and improving your child's gymnastics skill level.

Parents, consider our philosophy and methods when deciding on your daughter's summer training environment.

We believe it takes time and energy to learn, improve, and retain gymnastics skills. We are committed to focused, individualized training to achieve realistic and specific goals. We expect that these athletes should leave the gym having accomplished a number of these goals and many they did not even set.



*Donna Culp*

## WHY AERIALS?

Because... You are one of only 40 invited gymnasts.

Because... 5 days of directed, focused and inspired training.

Because... You can train 6 hours each day under some of the country's best coaches.

Why? Because you want your child to improve!

So, time is fleeting. Please join us for this exciting training opportunity. You will be happy with the results. And with my high energy, high powered staff, you can't go wrong! Call us today to reserve your spot.



*Rick Palumbo with  
2X Olympian Kerri Strug*

See you this summer,  
Rick Palumbo



# OVER 30 YEARS OF GREAT GYMNASTICS CAMPS!



PA'03



PA'87



VA'78



PA'88



PA'89



COLORADO'89



2005



2009



NEW YORK'92



NEW YORK'94

PA'06



COLORADO'95



2011



PA'04

ONLY 30 MORE YEARS TO GO!