

SERIOUS TRAINING, AMAZING COACHES, AN AWESOME EXPERIENCE

Be a part of the Flip Fest Fall Adventure Camp, hosted at Lake Frances, home of Flip Fest Summer Camp.

If you want to be a part of one of the greatest gymnastics clinics on earth, then you need to check out the Flip Fest Fall Adventure Camp. The camp brings in some of the country's top national clinicians and nationally certified judges to work with the gymnasts and coaches on each event with the goal of helping prepare them for the upcoming competitive season, as well as facilitating the exchange of coaching tips, rules changes and techniques.

SESSIONS FOR 2015

Session One November 4-6

Session Two November 11-13

Session Three November 18-20

Gymnasts and coaches will arrive Friday and train through Sunday afternoon. During that time they will have the opportunity to perform new skills, sequences or even full routines for the clinicians and judges to evaluate and provide feedback. This is a great way to start your season in a positive direction, with coaching and judging input from some of the top experts in our sport.

FOR COACHES

Every gymnast is required to have at least one of their personal coaches attend camp with them. Each gym will be able to bring one free coach for every eight gymnasts from their club. Additional coaching spots are available for just \$50. All housing, meals and activities are included. Personal coaches of the attending gymnasts will coach their kids on each event right alongside the clinicians and judges on each event. There will also be numerous clinics conducted by our guest clinicians and judges throughout the weekend.

SOME OF OUR CLINICIANS AND JUDGES

- **TOM FORSTER** *Nationally-renowned Coach/Clinician*
- **SVETLANA BOGUINSKIA** *Olympic Champion and National Clinician*
- **TAMMY BIGGS** *USA National Coaching Staff*
- **MARY LEE TRACY** *Olympic Team Coach and National Clinician*
- **ELISE RAY** *2000 Olympic Bronze Medalist*
- **KELLI HILL** *National Team Coach and Clinician*
- **LILIA PODKOPAYEVA** *1996 Olympic All-Around Champion*
- **FRANK KUDLAC** *Head Coach of Texas Women's University for 33 years*

Clinicians subject to change without notice.

HOUSING

Gymnasts will be housed together on site in the Lake Frances cabins. Each team of 8 or more is required to bring a coach or chaperone (of the same gender) to stay with their team in their cabin. There will be separate housing for any additional coaches. Gymnast cabins hold up to 17 campers and one chaperone. If you bring more than 17 gymnasts, you will need to bring an additional chaperone. If a team brings 8 or less gymnasts, they may be required to share a cabin with another team.

CAMP COST

Entry fee for each gymnast is \$255, and a \$50 deposit is required to register. Included in this price are all meals, housing and camp activities (weather permitting) for gymnasts and chaperones.

Spaces for this fun, productive weekend are limited and fill quickly, so if you have a team that would like to come, please notify us soon or go to www.flipfest.com/camp/fall/ to register. For questions please email info@flipfest.com or call 1-800-390-8021.

Registration opens
July 2016



Olympic gymnasts / owners
John Roethlisberger & John Macready



Clinicians: Dave Marus, Chris Waller, Tammy Biggs,
Mary Lee Tracy & Jaycee Phelps

