

PEAK TRAINING CLINIC

HOSTED BY
Central Coast Gymnastics • San Luis Obispo

July 8 & 9, 2017 (Saturday & Sunday)

PEAK is for
Men's Gymnastics
Women's Gymnastics
Tumbling & Trampoline
Acro Gymnastics

Open to levels listed for each discipline



*"To reach your highest point, come to
the 2017 PEAK Training Clinic"*

Central Coast Gymnastics Sports Center, Inc.

21 Zaca Lane #100
San Luis Obispo, California 93401
Gym 1 & Gym 2 (32,500 sq. ft.)

Phone: 805.549.8408
Fax: 805.786.4496

Website: www.iflipforCCG.com

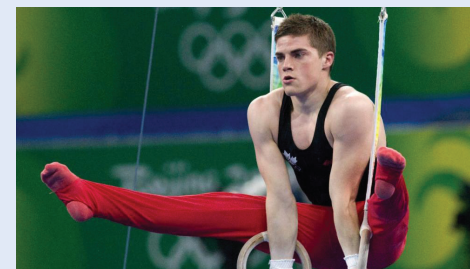
Why Come to PEAK?

Central Coast Gymnastics is located in beautiful San Luis Obispo, just off the 101 Fwy. Join us this summer for the 1st Annual PEAK Training Clinic. It is the goal of PEAK to inspire athletes to reach their highest potential, to PEAK with some of the BEST coaches in the country in Men's Gymnastics, Women's Gymnastics, Tumble & Trampoline Gymnastics, and Acro Gymnastics. With our new addition of Gym #2, CCG now has a 32,500 sq. ft. state-of-the-art training facility.

Join us this summer, for the PEAK Training Clinic at CCG, this is a 2-day intensive, training clinic for competitive level athletes. The PEAK Training Clinic was developed to bring some of the best experts in these disciplines together for the benefit of the athletes, in our state-of-the-art facilities to create an experience that will allow athletes to reach towards their highest point!

Cost is \$140.00 per athlete (includes T-shirt) attending if registered by June 28, 2017. After that date, cost is \$150.00 per athlete (no T-shirt) if space is available in your discipline. Don't delay, register today!

CCG has blocked several hotels, as this is some of the best weather in our area and most hotels are already booked full. Please call as soon as possible to make sure you get the into the blocks. All hotels are available online www.iflipforCCG.com, under Camps & Clinics link on the home page. Updates and more details will be posted here!



Train with the BEST!

Coaches, this is your chance to bring your athletes to a training clinic with some of the best coaches in the Country. If you bring (5) athletes or more, you can come hang out for FREE! We plan to have a Round Table session for all coaches who attend with the staff.

The PEAK Training Clinic will host an array of former Olympic, World, and National Champions former Athletes and Coaches. If you are training on a team, this is a great opportunity to work with some of this *Country's Best Coaches*.

Daily Training Schedule

Saturday, July 8:

- **9:30 - 10:00 am**
Registration, Check in, Meet & Greet the Coaches, and Round up of Athletes!
- **10:00 am - 12:45 pm**
Hip Hoppin' Warm up & Group Rotations for morning sessions.
- **12:45 - 1:30 pm**
Lunch Break. Lunch is not provided.
- **1:30 - 5:30 pm**
Afternoon warm up, Group Rotations for afternoon sessions.
- **5:30 - 6:00 pm**
Show Time! This is when you get to show off what you have learned!

Sunday, July 9:

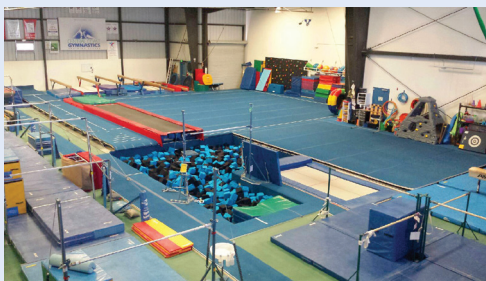
- **9:15 - 9:30 am**
Check in and Round up of Athletes!
- **9:30 am - 12:15 pm**
Jammin' Fun Warm up, Team Building, & Group Rotations for morning sessions.
- **12:15 - 1:00 pm**
Lunch Break. Lunch is not provided.
- **1:00 - 4:30 pm**
Afternoon warm up, Group Rotations for afternoon sessions.
- **4:30-5:00 pm**
Show Time! This is when you get to show off your new skills. Photo Booth!



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Disciplines and Levels:

- **Men's Gymnastics:**
Competitive Levels 4 & up
- **Women's Gymnastics:**
Competitive Levels 3 & up, Xcel
Gymnastics Bronze Level & up.
- **Acro Gymnastics:**
Competitive pairs, trios, mixed
pairs Levels 5 & up.
- **Tumble & Trampoline:**
Advanced Recreational (CCG)
and Competitive Levels 3 & up.



Gym #1

CCG's State of the Art Facilities

Central Coast Gymnastics will offer top quality equipment, for each discipline. Each gym has been updated with the top of line equipment:

Gym #1: (Opened in Feb. 2005 – 16,000 Sq. Ft.)

- New AAI Elite Tac 10 Vault with Porta Pit landing
- New AAI Tac 10 & carpet Vault boards and air tramp.
- AAI Elite Bars, Beams, and Brand NEW AAI Elite Ring Tower. We have AAI P-Bars, Pommels, and the 2012 Olympic Trials AAI Elite Floor Deck.
- 50 foot Rod floor into our foam pit with covered cubes, 30 foot tumble trak into the foam pit & with landing mat. In ground web bed trampoline, overhead rigs for Acro & bars. and so much more.

Gym #2: (Opened in July 2016 – 16,500 Sq. Ft.)

- We have one of the only Skakun 84 Foot Power Rod Floors with brand new landing zone and run up deck!
- We have (2) Gaofei Trampolines from Region 1 Championships in 2016 with end decks and (1) above ground black bed Nissen.
- We have an AAI Elite Double Mini Trampoline with New Landing Zone and 84 feet of runway.
- We have a 54 ft. x 42 ft. competitive cheer birch cheer floor with new foam carpet top! Over head rig for acro training, and much more!



Gym #2

Expert Staff

Check website for all updates on staff and bios.
www.iflipforCCG.com

MEN'S GYMNASTICS

- **Nathan Gafuik** – CCG's New Boys Program Director – represented Canada in the 2008 & 2012 Olympic Games
- **Syque Caesar** represented Bangladesh at the 2012 Olympic Games, 2011 and 2013 World Championships, and the 2014 Asian Games.

TUMBLE & TRAMPOLINE

- **Peter Dodd** – U.S. National Team for 6 years and competed at several World Cups (finalist), World Age Group Championships (bronze)
- **Neil Gulati** represented the USA at World Cup Events, Pan-American Events, and at World Championships. He has also competed in two Olympic Trials.
- **Casey Chandler** – USA National Champion in Double Mini Trampoline 2016

ACRO GYMNASTICS

- **Megan Vaughan** has been a part of acro for 15 years as an athlete, coach, and judge. She represented the USA on the National Team for four seasons as an elite mixed pair top, and now is head coach at *Flip Force San Diego*.
- **Dylan Maurer** was a member of the National Team and World Team in 2012. He has coached multiple National Team and World Team members, and is the head coach of *Empire Acro Gymnastics*.

WOMEN'S GYMNASTICS

- **Vanessa Atler** was a member of the U.S.A. National Gymnastics Team from the age of 12, and one of the United States' most successful gymnasts as a junior in the late 1990's.
- **Darcy Heath-Wallace** was an elite level and NCAA All-American gymnast. She is a Sport Psychology consultant for USA National Team, and owner of *Darcy's Academy of Gymnastics*.
- **Wayne Wright** – Head Coach of San Jose State Women's Gymnastics Team

PEAK Athlete Registration Form

Please detach this portion and mail it back with full payment, to:

CCG-PEAK

**21 Zaca Lane, Suite #100
San Luis Obispo, CA 93401**

Athlete Name: _____

Athlete Age: _____

Parent Name: _____

Parent Cell Number: _____

Address: _____

City: _____

State: _____ **Zip:** _____

Email: _____

Athlete T-Shirt Size: *(white shirt w/ Logo)*

Child Sm Child Med Child Large

Adult Sm Adult Med Adult Large

Discipline:

Men's Gymnastics Women's Gymnastics

T&T Gymnastics Acro Gymnastics

Athlete's current competitive level: _____

Gym Name: _____

Coach's Name: _____

*No registrations will be accepted at the door.
All athletes must register by 5 pm(Fri.) 7/7/17.*

For Office Use only:

Date Reg. paid: ____ / ____ /2017 **Amount \$** _____

Ck# _____ **CC:** Visa MC Disc

Date Paid: _____ **Staff Initial:** _____