



**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
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Website: www.iflipforCCG.com

PEAK TRAINING CLINIC

HOSTED BY
Central Coast Gymnastics • San Luis Obispo

July 27 & 28, 2019 (Saturday & Sunday)

PEAK Training for
**Men's Gymnastics
Women's Gymnastics
Tumbling & Trampoline**

Open to levels listed for each discipline



*"To reach your highest point, come to
the 2019 PEAK Training Clinic"*

Why Come to PEAK?

Central Coast Gymnastics is located in beautiful San Luis Obispo, just off the 101 Fwy. Join us this May for the 2nd Annual PEAK Training Clinic. It is the goal of PEAK Clinicians 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, and Tumble & Trampoline Gymnastics while training in two gyms, each 16,000 square feet filled with state of art the training equipment for each discipline.

We have the privilege to take what we learned at the 2017 & 2018 PEAK Clinics to help us make the 2019 PEAK Training Clinic at CCG even more amazing. The 2-day intensive, training clinic is designed to give all developmental team & competitive level athletes an opportunity to learn, develop, and improve their skills. The PEAK Training Clinic was developed to bring some of the Nation's best experts in their disciplines together for the benefit of your athletes, in our State-of-the-Art facilities to create an experience that will allow athletes to reach new heights in their training!

Cost is \$145.00 per athlete (Includes Peak T-shirt) attending if registered by July 14, 2019. Register between July 14-26, 2019, cost to attend is \$160.00 per athlete (No Peak T-shirt) if spaces are still available in your child's discipline. Don't delay, register today!

CCG has blocked host 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 available online www.iflipforCCG.com, under Camps & Clinics link on the home page. Updates and more details will be posted here regularly!



Daily Training Schedule

New this year, Trampoline & Tumbling will choose the number of sessions you want to attend with (4) Sessions offered!

Saturday, July 27:

- **9:00 –9:30 am** Day 1 Check in, Meet & Greet the coaches, and Round Up of Athletes!
- **9:30-12:30 pm** Hip Hoppin' Warm up & Group Rotations for morning sessions.
TNT Session 1
- **12:30-1:15 pm** 45 minute Lunch Break. Lunch is not provided. We will host the Sandwich Bar for purchase.
- **1:15-4:15 pm** Afternoon warm up and Group Rotations for afternoon sessions.
TNT Session 2
- **4:15-4:30 pm** Show Off time for all Athletes End of Day 1 Fun!
- **Dinner Break 4:30 –6:00 pm.** Then join us for the PEAK Beach Bonfire at Port San Luis Beach, between 6:00- 9:00 pm. We'll have all the fixings for S'mores! You bring chairs, blankets, and jackets to enjoy an amazing night at the beach under the stars!

Sunday, July 28:

- **9:00-9:30 am** Day 2 Check in and Round up of Athletes! Don't be late.....
- **9:30-12:30 pm** Jammin' Fun Warm up, Team Building, & Group Rotations for morning sessions. **TNT Session 3**
- **12:30-1:15 pm** Lunch Break. Lunch is not provided.
- **1:15-4:15 pm** Afternoon warm up, Group Rotations for afternoon sessions.
TNT Session 4
- **4:15-4:30 pm** Ending Fun to the 2019 PEAK Clinic, take a Photo with your favorite coaches at the Photo Booth & get your PEAK shirt signed!





Disciplines and Levels:

- **Men's Gymnastics:**
Competitive Levels 4 – Elite
- **Women's Gymnastics:**
Competitive Levels 2 – Elite, Xcel
Gymnastics Bronze Level & up.
- **Tumble & Trampoline:**
Developmental and Competitive
Levels 2 – 10.

(Note: Trampoline ceiling height 22-23 ft with above ground trampolines)



Gym #1



Gym #2

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 & AAI Elite Carpet Vault boards and Vault Air Tramp board.
 - AAI Elite Bars, Beams, and NEW AAI Elite Ring Tower. We have AAI P-Bars, New 2016 AAI Elite Pommel Horse, AAI High Bars, AAI Pit Bars (For Men & Women), 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 rig & quad bars, and so much more.
 - New 2018 Level 3/Xcel Norberts Vault Mat system.

- Gym #2:** (Opened in July 2016 – 16,500 Sq. Ft.)
- We have one of two in the USA, an 84 ft. Russian Skakun Power Rod Floor with new landing zone and run up deck!
 - We have (2) Gaofei Trampolines from the 2016 Region 1 Championships with end decks and (2) above ground black bed Nissen trampolines. (Note: Trampoline ceiling height 22-23 ft with above ground trampolines)
 - We have an AAI Elite Double Mini Trampoline with New Landing Zone and 84 feet of runway

Expert Staff, 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! All Coaches attending are welcome to join us for the Round Table lunch discussion with all the clinicians each day. CCG will provide lunch both days for all staff & coaches.

The PEAK Training Clinic will host an array of Olympic, World, and National Champion Athletes and Coaches in all disciplines listed below. If you are training on a team, this is a great opportunity to work with some of this country's best coaches. Check web site for all updates on staff and full bios.

www.iflipforCCG.com

Meet this Year's Clinicians

Men's Gymnastics Clinicians:

Syque Caesar represented Bangladesh at the 2012 Olympic Games, 2011 and 2013 World Championships, and the 2014 Asian Games. **Sho Nakamori** is a former member of the US National Team, competing in the World Championships and the Pan American Games. He was a captain for the NCAA Championship winning team at Stanford University, where he was also a 9-time All-American. **Nathan Gafuik**, CCG's own Boys Program Director/Head Coach, represented Canada in the 2008 & 2012 Olympic Games.

T & T's Clinicians:

Mig O'Hara, owner of Legacy T&T in Reno, NV, has been coaching J.O. and Elite level Artistic gymnastics for over 40 years. She is proud to have 27 athletes (so far) win National Championship titles in T&T. She has taken several athletes to international competitions, including the World Age Group Championships, the David Ward-Hunt Cup, the Loule Cup and the World Championships just to name a few. Mig's son, **Quinn Ross** is a T&T National Champion, US Team member, and CAT 1 rated Judge on all 3 T&T Events. **Vern Vargas**, owner of Vargas T&T in Scotts Valley, CA, believes there is no greater joy than watching children develop physically and mentally while having fun and staying active. He has been a men's and women's gymnastics instructor for over 27 years, and has had countless athletes win medals and national titles while under his instruction. **Casey Chandler** is a USA National Champion on Double Mini Trampoline, member of Team USA for 8 years: Competing in Canada, Denmark, and England. Competitions included: Pan American Championships, two Canada Cups, two World Championships and two Olympic Trials 2012 and 2016. And CCG's own T&T Program Director/Head Coach **Nick Bockelman**, a former T&T athlete, and men's gymnastics athlete, began the CCG T&T Program several years ago before he moved back down to So Cal, where he worked and trained at World Elite. Nick has an extensive background in several disciplines of gymnastics including men's & women's coaching, and now his true passion, T&T. Nick's specialty in T&T is tumbling, he is a remarkable tumbling coach, as well as on Double Mini and Trampoline.

Women's Gymnastics Clinicians:

Stephen Rybacki has spent his whole life in the gym. His family owns and operates Charter Oak Gymnastics in Covina, CA. The home of multiple US National Team, World, and Olympic Team Members including Vanessa Atler. Over the past 14 years Stephen has coached several top JO level athletes to national titles, full college scholarships, and had his first US women's national team member in 2016. **Darcy Heath-Wallace** was an elite level and NCAA All-American gymnast. She has served as the Women's Gymnastics Team Sport Psychology consultant at University California Berkeley for 15 years and Stanford University for 5 years. CCG's own Girls Program Director/Head Coach **Valentino Moutafov** assisted coaching Elite gymnasts Tabitha Yim, Alyse Ishino, and Ashley Jenkins – all US National Team members. Alyse Ishino was a 2004 US Olympics alternate. Many of the athletes he has coached attended highly ranked Universities on a scholarship. Valentino attended the National Sports Academy in Sofia, Bulgaria where he graduated with a dual Masters degree and diploma in Sports Acrobatic Training and Physical Education teaching. Read about **Casey Chandler** and **Nick Bockelman** above, under T&T Clinicians.

Note: CCG has a few more clinicians to add to the roster for 2019, keep an eye on the PEAK Clinic web page for updates, on top of our amazing support staff from all disciplines that will attend.

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: _____ **DOB:** ____/____/____

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: \$145 by 7/13 \$160 if 7/14-7/26

Women's Gymnastics: \$145 by 7/13 \$160 if 7/14-7/26

T&T Gymnastics:

2 sessions \$75 by 7/13 \$90 if 7/14-7/26

3 sessions \$110 by 7/13 \$125 if 7/14-7/26

4 sessions \$145 by 7/13 \$160 if 7/14-7/26

Choose: Session 1 Session 2 Session 3 Session 4

Athletes current level: _____

Gym Name: _____

Coaches Name: _____

Coaches Contact: (____) _____

*All athletes must be pre-registered by 12:00 pm
(Fri.) 7/26/19.*

For Office Use only:

Date Reg. paid: ____/____/2019 **Amount \$** _____

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