

SPIRIT

team camp

JULY 1-3, 2024

Three action-packed days with premier coaches from around the country!

- Led by former Olympians, national team members, collegiate athletes, collegiate and elite coaches.
- 23,000 square foot, fully air-conditioned facility.
- Visiting coaches welcome to attend with their athletes.
- Additional rotations: judging, goals & motivation, running, drills, dance.
- **Super-Convenient Location**
Make it a family vacation! Visit San Francisco, Berkeley, Napa, Sausalito, or San Jose, all only an hour or less by car or BART.
- \$600 / athlete

**GIRLS
GYMNASTICS
USA and NGA
Levels 2-10 & Xcel**

**at Ultimate Sports Connection
in Concord, California**



REGISTER HERE

Create an account in our portal.
Then register for camp by choosing
Booking > Team Camps > Spirit Team Camp





Special Guest Coaches

Dr. Chainey Umphrey: 1996 Olympian, specialist in physical medicine and rehabilitation.

Eddie Umphrey: Olympic Coach, NCAA & USA National Champion, Owner and Head Coach of Grace Gymnastics in Katy, Tx.

Quin Shannon: Coach/Clinician, coaching gymnastics since 1994. He has owned and operated his own mobile Pre-school & Gymnastics Program. He has directed many programs from recreational levels through Elite levels. He has also been a clinician at many USAG congress sessions and camps.

Travis Newman: Trampoline specialist, has coached Junior and Senior USA National Gymnastics Team athletes as well as Mexico National Team athletes.

Brian Loomis: Former UC-Berkeley WAG Assistant Coach, Current Top Flight Gymnastics Head Coach.

Eric Totman: Former CSU Men's Gymnastics Team Member, coaches all levels MAG and has had 22 athletes make it onto the USA Gymnastics National Men's Team.

Chevy Slater: Former USAG athlete, professional swing dancer, appeared on So You Think You Can Dance & Good Morning America.

Chris Conner: Founder of Platinum Gymnastics in Pflugerville, Tx; coach of many elite, jr elite, national championship and college-bound athletes.

Kaylee Kirchman: Acrobatics & Tumbling team at Baylor University, 4 National Champion titles. Became 2x All-American, Level 10 and Elite gymnast; owns online handstand course and acrobatics gym in St. Pete, Florida.

Aaron Gallegos: Head coach, Adrenaline Gymnastics. Three international elite qualifiers, and Sophia Campana Italian national team member.

Our 23,000 sq. ft. facility is fully air-conditioned!

- 2 spring floors
- 1 rod floor onto resi
- 3 tumble tracks, one into foam pit
- 2 vault tables, 1 into loose foam pit and 1 onto competition landing
- 1 in-ground trampoline
- Speith and AAI Beams
- Speith and AAI P-Bars
- Speith Pommel Horse
- 2 sets of rings
- 2 AAI unevens
- single rail into foam or resi pit
- trench bar
- multiple strap bars(s) / men's high bars

More Information:

spiritoftheflame.com/spirit-team-camp/

Questions or Team Registration?

ultimatesportsconnection.com/contact/