



2025 REGION 7 HIGH PERFORMANCE TRAINING CAMP

Fact Sheet

Who: All Level 10s who competed at 2025 Dev Nationals, including All Star Session, 1st Alternates to Region 7 Team at Dev Nationals, and Level 9s who scored a **36.625** or higher AA at 2025 Eastern Nationals, are invited to attend! **Gymnasts MUST attend with a coach!** **Note:** If we do not fill the camp after August 15, we will open registration to additional Level 9 and 10s.

ALL COACHES AND JUDGES MUST RENEW THEIR USAG MEMBERSHIP AND COMPLETE SAFE SPORT CERTIFICATION TO REGISTER FOR THE CAMP.

Date: Sept.12-14, 2025

Location: Apollo Gymnastics
12700 Apollo Road
Woodbridge, VA 22192

Registration and Fees:

Registration Open August 1-August 15, 2025. NO REFUNDS after August 25th.

All Gymnasts and coaches must register via Meet Maker. See link here:

<http://www.meetmaker.com/meetdetails?eid=9135>

Be sure to include your athletes' graduation years!!

Athletes and coaches:

Registration only: \$250.00 per gymnast (includes leotard and athlete party)

*All athletes must be registered and in attendance with a coach.

Coaches bringing gymnasts will receive a Region 7 jacket. **(Max 2/club free for coaches attending the clinic). Additional jackets may be purchased on site after all registered coaches/clinicians have received their jackets.

Coaches registering without an athlete: \$50.00. Please email Jen Bortz at JBortz7rac@gmail.com your name, membership #. Payment will be made via check onsite.

Hotels:

Athletes' hotel: Courtyard by Marriott Potomac Mills/Woodbridge
14300 Crossing Place, Woodbridge, VA.
Link: [Book your group rate for Apollo Gymnastics - Athlete](#)
Reservation Deadline: 8/22/25

Coaches' Hotel: Residence Inn Woodbridge
14301 Crossing Place, Woodbridge, VA
Link: <https://www.marriott.com/event-reservations/reservation-link.mi?id=1753738951706&key=GRP&app=resvlink>

Reservation Deadline 8/28/2025

General Schedule:

FRIDAY 9/12:

6:30-7:30pm	Registration/Sign-in
7:30-9:00pm	Camp Opening at Apollo

SATURDAY 9/13:

8:00-11:30pm	Warm-up and Rotations
11:30-1:45pm	Lunch and Rest (on your own)
11:45-1:00pm	All-Star Team Meeting (Apollo)
11:45-1:45pm	Judges' Clinic (Apollo)
1:45-4:30pm	Warm-up and Rotations
4:30-5:30pm	Open Gym
6:30-9:30pm	Athlete Pizza and Dance Party (Apollo)
	Coaches/Judges Dinner including Dev Update and SIYA (See if You Agree!!) (Bungalow Ale House)

SUNDAY 9/14:

8:00-12:00pm	Warm-up and Rotations
12:00-12:30pm	Closing and Awards
12:30pm	Departure

IMPORTANT DETAILS:

Athlete party:

Where: Apollo Gym, 12700 Apollo Road, Woodbridge, VA 22192

When: Saturday September 14, 6:30pm-9:30pm

What: Pizza Party with Karaoke, Games and Fun!

Coaches/Judges/College Coaches Party:

Where: Bungalow Ale House, Bungalow Ale House. 2840 Prince William Pkwy
Woodbridge, VA 22192

When: Saturday September 14, 6:30pm-9:30pm

What: SIYA (See If You Agree), Dev Update, Hospitality

Team Building Fundraiser:

Check the attachment for our annual fundraiser for the **Lynn Perrott Memorial Scholarship!!**