

# ***Rising Stars Training Camps***

***A Golden Opportunity for Athletes to Work with National and Regional Staff Members***

## **RISING STARS – OPEN TO USA GYMNASTICS OPTIONAL ATHLETES LEVEL 6-10**

- WHERE:** UPSTATE NEW YORK – CLINICIAN ADAM DUNCAN  
NIAGARA GYMNASTICS, BUFFALO, NY - SEPTEMBER 21, 2025
- LONG ISLAND – CLINICIAN TONY GEHMAN  
NEW IMAGE GYMNASTICS, BRENTWOOD, NY - SEPTEMBER 27-28, 2025
- MASSACHUSETTS – CLINICIAN BYRON KNOX  
PIONEER ATHLETIC CENTER, EAST LONGMEADOW, MA - OCTOBER 18-19, 2025
- NEW HAMPSHIRE – CLINICIAN JASON VONK  
A2 GYM AND CHEER, SALEM, NH – OCTOBER 25-26, 2025
- COST:** \$130.00 PER ATHLETE / \$75.00 FOR NIAGARA  
EACH CLUB WILL BE ASSIGNED ONE SESSION ON SATURDAY AND ONE ON SUNDAY (EXCEPT NIAGARA WHICH IS ONLY RUNNING ON SUNDAY)
- TIMES:** SATURDAY SESSION 1 – 1:00PM-5:00PM, SESSION 2 – 5:00PM-9:00PM  
SUNDAY SESSION 1 – 9:00AM-1:00PM, SESSION 2 – 1:00PM-5:00PM

Registration will be accepted on a first come basis

Registration opens at 5:00pm on SEPTEMBER 1, 2025 and must be completed through the Meet Reservation System. Full payment via Meet Maker is due two weeks from the date of registration to lock in your spots! Spaces are not guaranteed until payment is processed on Meet Maker. Refunds for scratches will be processed provided that the athlete is scratched on Meet Maker by the designated scratch deadline (one week prior) AND the scratch is processed in Meet Maker. Substitutions will be allowed after the scratch deadline provided that the replacement athlete is a current USA Gymnastics athlete member and is of the levels allowed.

## **RISING STARS – XCEL / COMPULSORY OPEN TO XCEL SILVER – SAPPHIRE, COMPULSORY LEVELS 3-5**

- WHEN:** October 4-5, 2025 (XCEL SATURDAY, COMPULSORY, SUNDAY)
- WHERE:** STERLING GYMNASTICS, STERLING, MA – CLINICIAN JASON VONK
- COST:** \$75.00 PER ATHLETE / ATHLETES WILL BE ASSIGNED TO ONE SESSION  
Registration will be accepted on a first come basis
- TIMES:** SATURDAY XCEL SESSION 1 – 1:00PM-4:30PM, SESSION 2 5:00PM-8:30PM  
SUNDAY COMPULSORY SESSION 1 – 8:30AM-12:00PM, SESSION 2 – 12:30PM-4:00PM

Registration opens at 5:00pm on SEPTEMBER 1, 2025 and must be completed through the Meet Reservation System. Full payment via Meet Maker is due two weeks from the date of registration to lock in your spots! Spaces are not guaranteed until payment is processed on Meet Maker. Refunds for scratches will be processed provided that the athlete is scratched on Meet Maker by the designated scratch deadline (one week prior) AND the scratch is processed in Meet Maker. Substitutions will be allowed after the scratch deadline provided that the replacement athlete is a current USA Gymnastics athlete member and is of the levels allowed.