



2024 TG Strength & Conditioning Camp

October 27, 2024, Langley BC

(Sport Specific Strength & Conditioning)

Bulletin #2 – October 2024

GYMNASTICS BC	<p>Gymnastics BC 268-828 West 8th Ave Vancouver, BC V5Z 1E2 T. 604.333.3496 info@gymbc.org</p> <p>Sandra Poelzer TG Program Manager 604-333-3497 / spoelzer@gymbc.org</p>
VENUE	<p>Flip City Gymnastics 20279 97 AVE #4, LANGLEY TWP, BC, V1M 4B9</p>
WEBSITE LINK	<p>https://www.gymbc.org/events/events-calendar/</p>

EVENT INFORMATION

CAMP DATE/TIME	<p>Oct 27th, 2024 1 Camp Only 12:30 – 4:30PM</p>
CLINICIANS	<p>This Camp will be led by two highly experienced Clinicians, with additional support from GymBC Staff.</p> <p>Jason Burnett Jason Burnett is a Canadian Olympian in the sport of trampoline. He is an Olympic silver medalist, 12x World Cup medalist, and 11x Canadian National champion. After retiring from competition, Jason continues to remain involved in the sport as a judge and training camp clinician. He holds an NCCP Level 2 Trampoline Coach certification, is a nationally certified trampoline judge, and a Stott Pilates certified instructor.</p>

	<p>Gerrard Magennis Gerrard is a personal trainer in North Vancouver with over 15 years of experience working with a wide range of clients from high level athletes, to actors, to your next-door neighbour. With a background in athletics as a former captain of the Men’s Varsity Basketball team at the University of Waterloo, he knows what it takes to achieve success at a high level. Gerard’s programs are designed around simple, proven concepts that are always evolving to maximize athletic performance.</p> <p>Sandra Poelzer Sandra currently serves as the GymBC TG Program Manager, and is a nationally certified trampoline judge. A former national-level trampoline athlete herself, she possesses an array of credentials including NCCP Level 2 Trampoline Coach, NCCP Weightlifting Coach, ACSM Personal Trainer, and ACSM Group Fitness Instructor.</p>
<p>EVENT SUPPORT</p>	<p>Registration & On-Site Support: Sandra Poelzer (spoelzer@gymbc.org)</p>
<p>REGISTRATION</p>	<p>On-Line Registration Only – Provincial, National & HP Levels BC Athletes & Coaches Only</p> <p>Online Registration forms for Athletes and Coaches can be found here.</p> <p>Registration Opens: Thursday, September 12th at 8 a.m.</p> <p>Registration Deadline: Friday, October 11 – 11:59 p.m.</p>
<p>WAITLIST</p>	<p>Maximum number of registrants: Athletes –18 Coaches – open</p> <p>If the maximum registration capacity is reached, a waitlist will be established for any available openings. To join the waitlist please email spoelzer@gymbc.org.</p>
<p>ATHLETES REGISTRATION Fees & Details</p>	<p>In Person Attendance Cost: \$40 (payment by credit card through Activity Messenger OR e-transfer to accounting@gymbc.org are accepted)</p> <p>Included in your registration:</p> <ul style="list-style-type: none"> • 4-hour in-person strength & conditioning session <p>Virtual Attendance (Athletes residing outside of Lower mainland Only) Cost: \$20</p> <ul style="list-style-type: none"> • 4-hour virtual strength & conditioning session

<p>COACHES REGISTRATION</p> <p>Fees & Details</p>	<p>Club coaches are encouraged to observe, participate and enhance their skills at this camp.</p> <p>Cost: FREE</p> <p>Join us to learn sport-specific warm-up, mobility, strength & conditioning techniques with certified fitness professionals.</p>
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<p>REFUNDS</p>	<p>Should you need to withdraw your registration from the camp, please email Sandra - spoelzer@gymbc.org to request a refund.</p> <p>A medical certificate must be provided for all athletes withdrawing from the camp.</p> <p>A \$10 administration fee will be withheld for any participant withdrawing from the camp.</p> <p>Request for refunds will only be accepted until Sunday, October 13, 2024. After this date, no refunds will be issued.</p>
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TECHNICAL INFORMATION

<p>Provincial, National & HP Stream Competitive Athletes</p>	<p>All GymBC, competitive Trampoline Gymnastics athletes, including those in Provincial, National & High-Performance streams are invited to participate in this camp.</p> <p>Let's work together to build a strong foundation of strength.</p>
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<p>TENTATIVE SCHEDULE</p>	<table border="1" style="width: 100%;"> <tr> <td rowspan="6" style="text-align: center; vertical-align: middle;"> <p>Sunday, October 27 Camp #1 - 12:30pm</p> </td> <td>Intro & Warm-up</td> <td style="text-align: center;">12:30 - 1:00pm</td> </tr> <tr> <td>Workout #1</td> <td style="text-align: center;">1:00 - 2:00pm</td> </tr> <tr> <td>Snack</td> <td style="text-align: center;">2:00 - 2:15pm</td> </tr> <tr> <td>Workout # 2</td> <td style="text-align: center;">2:15 - 3:15pm</td> </tr> <tr> <td>Pilates</td> <td style="text-align: center;">3:15 - 4:00pm</td> </tr> <tr> <td>Stretch/cool down & Mobility</td> <td style="text-align: center;">4:00 - 4:30pm</td> </tr> </table>	<p>Sunday, October 27 Camp #1 - 12:30pm</p>	Intro & Warm-up	12:30 - 1:00pm	Workout #1	1:00 - 2:00pm	Snack	2:00 - 2:15pm	Workout # 2	2:15 - 3:15pm	Pilates	3:15 - 4:00pm	Stretch/cool down & Mobility	4:00 - 4:30pm
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