

# Aerials Team Training Camp 2019



**USAG**

**Xcel**

**GymStars**

Parents, allow me to introduce myself. My name is Rick Palumbo and I have had the privilege of training elite level athletes for over two decades. These athletes have represented the United States and other countries on their National, World and Olympic Teams. As the founder of Team USA Gymnastics Camp, which featured the most successful athletes and coaches of our time, I was able to promote the benefits of personalized and focused training.



*Katelyn Ohashi, NCAA National Champion, American Cup Champion, 4X US Team Member.*

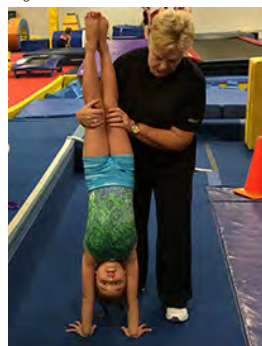
If your daughter is GymStar, USAG level 2 and up and all Xcel Levels, and wants to improve her skills, then allow me to extend an invitation to attend an intensive training camp right here at our fully equipped, gymnastics club.

Imagine your daughter as one of our small group of athletes that will train and rotate as if they were part of an elite training squad. The campers are divided into small groups and train at least 6 hours each day with our staff.

We have seen the positive results of focused, goal-oriented training. Results that improve a gymnast's self-esteem, independence and performance abilities. Through this system of positive reinforcement and specific goal setting, we have been able to help place many athletes on their National Teams.

## PHILOSOPHY

Our philosophy has been the same for over 30 years. The Aerials program builds confidence



*Mary Wright, New Zealand Olympic Coach and former USA National Team coach*

through success. We believe that small successes build confidence. That new-found confidence leads to bigger successes and an even higher level of confidence. Through this progressive "success-confidence-success" method we help children understand how to set realistic goals and then achieve them.



*Elite Coach Rob Alexrod working with campers.*

## THE GYM

- Our 15,000 ft gym features:
- ▶ the latest equipment and training devices available.
  - ▶ 2 in-ground, Olympic size, trampolines with overhead spotting harness
  - ▶ Mirrored dance room.
  - ▶ Loose foam landing pits for vault, floor, and bars.
  - ▶ Resi-pit landing surfaces for beam and bars.
  - ▶ In-ground "Trench Bar"

training system for bars

- ▶ Air conditioning for "Cool" summer training.



*Raj Bhavsar, 2004 & 08 Olympic Teams*

## LODGING

As for lodging we have two convenient options: Our out-of-town campers can bunk in with members of the Aerials Team and their families. The Aerials Team families are great hosts and the athletes make new friends at their "second" home. Meals,

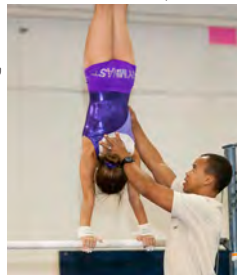
transportation and supervision are supplied by team families throughout the week.

An option for our out-of-town guests who travel as a team, with their gym chaperones, is hotel lodging at the nearby French Creek Inn. Guests who stay at the Inn take their meals at O'Grady's Family Restaurant just across the street.

Whatever your choice, you can rest assure that your children have quality supervision and safety as campers are under 24-hour observation by either our adult staff in the gym or a club parent, or coach, outside the gym. For all athletes attending, our medical doctor is on call 24 hours a day.



*Campers enjoy a cool dip AT THE FRENCH CREEK POOL in ELVERSON*



*World Cup Gold Medalist Charlie Tamayo*



## RECREATION

How about recreation?

Of course, in order to be successful, we must strike a balance between hard work and recreation. Our rest times are intermingled with day and evening outings, like swimming and rock climbing, and trips that are unique to the area.

In addition, we participate in friendship and memory making activities that will last your child's lifetime. However, keep in mind, our number one focus is training and

improving your child's gymnastics skill level.



*Theresa Kulikowski 12X NCAA All American*

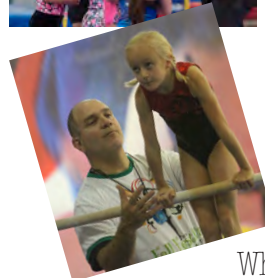
Parents, consider our philosophy and methods when deciding on your daughter's summer training environment. We believe it takes time and energy to learn, improve, and retain gymnastics skills. We are committed to focused, individualized training to achieve realistic and specific goals. We expect that these athletes should leave the gym having accomplished a number of these goals and many they did not even set.



*Silks Training with Kristy Powell*

## WHY AERIALS?

Because... You are one of a small group of invited gymnasts.  
 Because... 5 days of directed, focused and inspired training.  
 Because... You can train 6 hours each day under some of the country's best coaches.



Why? Because you want your child to improve! Please join us for this exciting training opportunity. You will be happy with the results. And with my high energy, high powered staff, you can't go wrong!

**Call us today to reserve your spot!**

See you this summer, Rick Palumbo

[www.Aerialsgymnastics.com](http://www.Aerialsgymnastics.com)

.....  
Camper Name

CURRENT AERIALS TEAM MEMBERS SIMPLY LEAVE YOUR CHILD'S NAME.

.....  
Club Team USAG Level

.....  
Address

.....  
City State Zip

.....  
Age at Camp Birthday

.....  
Parents/ Guardian Name (s)

.....  
Home Phone Work Phone

.....  
Email



**CAMP DATE\***  
SUNDAY - JUNE 23 -  
THURSDAY JUNE 27  
**RESIDENT &  
COMMUTER CAMPERS:**  
\$455 WEEK  
**OVERNIGHT CAMPERS:**  
\$525 WEEKLY

**DEPOSIT:** \$100, NON-REFUNDABLE  
\*(Sun 12 pm - 6 pm, Mon - Thur 9:00 am - 4:30 pm )

**MAKE CHECKS PAYABLE TO:** TEAM USA

**MAIL TO:** TEAM USA GYMNASTICS  
238 SCHUYLKILL ROAD,  
PHOENIXVILLE, PA 19460

<b>PAYMENT</b>	<b>AMOUNT</b>
Camp Fee:	_____
Less non-refundable deposit:	_____
Balance due before June 1st:	_____



All athletes must be GymStars, All USAG Level 2 and up, and ALL Xcel levels, to attend. Additional check-in info, medical forms, what

to pack, schedules, etc., will arrive after registration.

voice: 610.983.9044

email: info@aerialsgymnastics.com



**Director**

Rick Palumbo is a former Pennsylvania State University gymnastics coach, founder of TEAM USA Gymnastics Camp, and owner and founder of Aerials Fit'n'Fun Gymnastics Center.

Since 1979 Mr. Palumbo has been active as a gymnastics coach training both men and women for the United States Gymnastics Team and Olympic



Teams. He has coached nine collegiate Division I All-Americans and has directly coached or assisted in coaching athletes representing the National Teams of the United States, Great Britain, Portugal, Puerto Rico, and Finland.

Athletes coached by Mr. Palumbo include: Three-time Olympian Terry Bartlett; Olympic Team alternates: Chris Laux, and Theresa Kulikowski; and Olympic Trials participants: Tammy Smith, Traci Hinkle, Gina Stallone, and Traci Butler. Rick has also coached American Cup Champion Kristy Powell, numerous World Team members, and Olympian Kerri Strug.



*Olympian Kerri Strug*

Hey, how about staff? Over the last 30 years of conducting camps and clinics, We have been privileged to have some of the most respected and knowledgeable staff available.

Take a look at this partial list of folks who have taught at our camps in the past. They include (alphabetically): Rob Alexrod, Lauren Alexander, Heidi Anderson, Vladimir Artemov, Riley Barclay, Terry Bartlett, Raj Bhavsar, Tammy Biggs, DJ Branch, Barbara Cordova, Donna Culp, Sheryl Dundas, Michelle Dusserre, Glinni Elmore, Jenny Ester, Tony Fatta, Tom & Lori Forster, Gary Gonzalez, Penny Hauschild, Brian Howell, Aki Hummel, Jim & Cheryl Jarrett, Penny Johnson, Michael King, Kristi Kraft, Chris Laux, Danna Lister, Missy Leopoldus, Steve Marino, Shannon Miller, Kristin Naylor, Steve Nunno, Katelyn Ohashi, Genavieve Casey Shingle, Jennifer Sey, Jacqueline Shealy, Natalia Shoposhnikova, Hope Spivey, Milan Stanovich, Charlie Tamayo, Linda Tardiff, Nic Tomasette Paige Urquhart and Mary Wright to name a few. Join us in 2019!