

# Team Camp 2024

GymStars  
USAG JO  
USAG Xcel  
USAIGC  
YMCA  
NGA

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 a GymStar, Any USAG, USAIGC, YMCA or NGA level, 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.



*Raj Bhavsar, 2008 Olympic Bronze, 2004 Olympic Team*

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 time-tested, positive reinforcement and specific goal setting, we have been able to help place many athletes on their Local, Regional, and even National Teams.

## PHILOSOPHY

Our philosophy has been the same for over 30 years. The Aerials program builds confidence through success. We believe that small successes build confidence. That new-found confidence leads to bigger successes and an even higher level of confidence.



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

Through this progressive "success-confidence-success" method, we



help children understand how to set realistic goals and then achieve them.

*Daniella Silivas  
3X Olympic Champion,  
7X World Champion.*

HOSTED AT

**Aerials**  
Phoenixville



2016 Olympian  
Alex Naddour

## 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.

## 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. Aerials families are great hosts, and the athletes make new friends at their "second" home. Meals, transportation and supervision are supplied by our families throughout the week.



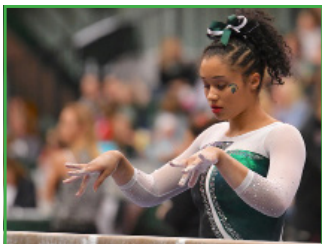
Nicolle Ford, Utah  
8X NCAA All American  
Cirque du Soleil's KA

An option for our out-of-town guests who travel individually, or as a team, with their gym chaperones, is hotel lodging at the many AB&B's available. Meals are close by at a variety of restaurants. We will work closely with you to make sure your stay is pleasant and memorable.



World Champion Hollie Vise

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. Our medical doctor is on call 24 hours a day.



Lea Mitchell, Michigan State,  
Capitan and All-American

## MARSH CREEK POOL



India Anderson,  
Assistant Coach  
Fisk University

## RECREATION

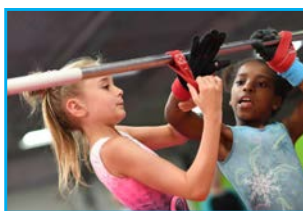
How about recreation?

Of course, in order to be successful, we must strike a balance between hard work and recreation. Our rest times are intermingled with activities, like bowling, 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.

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.



Theresa Kulikowski  
Utah 12X All American



## WHY AERIALS?

**Because...** You are one of a small group of invited gymnasts.

**Because...** 4 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!



NCAA All Around, VT, FX Champ, Anastasia Webb

Barb Cordova,  
WCU Head Coach



CAMPER NAME

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

CLUB TEAM

COMPETITIVE LEVEL (LAST SEASON)

ADDRESS

CITY

STATE

ZIP

AGE AT CAMP

BIRTHDAY

PARENTS/ GUARDIAN NAME (S)

HOME PHONE

WORK PHONE

EMAIL



**CAMP 1\*: JUNE 22 - JUNE 25**

RESIDENT & COMMUTER CAMPERS: \$605

OVERNIGHT CAMPERS: \$675

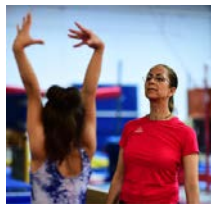
**CAMP 2\*\*: JUNE 27 - JUNE 29**

RESIDENT & COMMUTER CAMPERS: \$450

OVERNIGHT CAMPERS: \$515

*World Cup Gold Medalist  
Charlie Tamayo*

**SAMPLE SCHEDULE . . .** Subject to change  
\*(Sat, Sun, Mon, 12-6pm. Mon 8:30am-5:30 pm)  
\*\*(Thu, Fri, 12-6pm. Sat 9am-3 pm)



*Olympic Judge,  
Claudia Esteva*

**CHECKS PAYABLE TO: TEAM USA PRODUCTIONS**

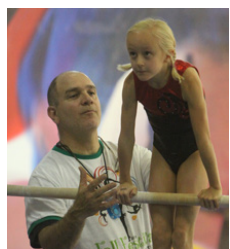
**MAIL TO :**

**TEAM USA GYMNASTICS  
238 SCHUYLKILL ROAD,  
PHOENIXVILLE, PA 19460**

**CREDIT CARD :**

ALSO ACCEPTED THRU SQUARE VIA EMAIL INVOICE

**PAYMENT: DUE BEFORE JUNE 1ST.**



All athletes must be pre-team preparing to compete in the 2024 season. Competitive GymStars, All USAG Level 2 and up, ALL Xcel levels, ALL NGA, YMCA and USAIGC are all welcome. Additional check-in info, medical forms, what to pack, schedules, etc., will arrive after registration.

voice: 610.983.9044, info@aerialsgymnastics.com



We have been both fortunate and blessed to have some of the most outstanding coaches and athletes, from around the world, work with our campers. When kids see that the most accomplished athletes among us were once kids, just like them, they begin to realize the same potential to accomplish great things is possible as well.

**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 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.

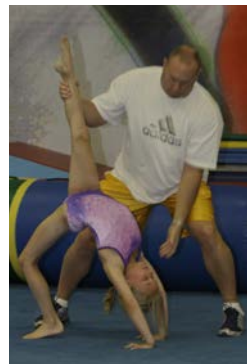


*Olympian Kerri Strug*

Mr. Palumbo has worked alongside: Three-time Olympian Terry Bartlett; Olympic Team alternates: Chris Laux, and Theresa Kulikowski; PanAm medalist Mario Gonzales, 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.

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, India Anderson, Ken 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 Rowland, Claudia Esteva, Tony Fatta, Nicolle Ford, Tom & Lori Forster, Gary Gonzalez, Penny Hauschild,



*Elite Coach Rob Alexrod  
working with campers.*

Brian Howell, Aki Hummel, Jim & Cheryl Jarrett, Penny Johnson, Michael King, Kristi Kraft, Chris Laux, Danna Lister, Missy Leopoldus, Steve Marino, Shannon Miller, Alex Naddour, 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, Hollie Vise, Paige Urquhart, Anastasia Webb and Mary Wright to name a few. Join us in 2024!



**FUN**

**FLIPS**



**Friends**

**June 22-25**  
**June 27-29**  
**TEAM USA**  
Gymnastics Camp



**Let's**  
**Do This!**



# OVER 30 YEARS OF GREAT GYMNASTICS CAMPS!

