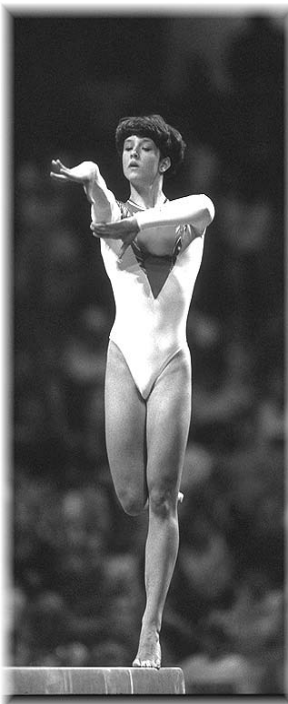


USAG Team Training Camp 2010

Aerials Gymnastics

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.



If your daughter is a USAG level 3, or USAIGC Copper level, and up, 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 only 40 athletes that will train and rotate as if they were part of an elite training squad. The campers are divided into groups of 8 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 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.



National AA Champion, Kristy Powell, with Aerials team members.



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

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-pits, beam & 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. 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.

Another option for our out-of-town guests, who travel with their coach or 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 next door to our gym.



*3x NCAA Champion
Theresa Kulikowski*

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.

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



Campers enjoy a cool dip.

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.

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.



Donna Culp

WHY AERIALS?

Because... You are one of only 40 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.



*Rick Palumbo with
2X Olympian Kerri Strug*

Why? Because you want your child to improve!

So, time is fleeting. 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

.....
CAMPER NAME

.....
CLUB TEAM

.....
USAG/USAIGC LEVEL

.....
ADDRESS

.....
CITY

.....
STATE

.....
ZIP

.....
AGE AT CAMP

.....
BIRTHDAY

.....
PARENT/GUARDIAN NAME(S)

.....
HOME PHONE

.....
WORK PHONE



*Master Choreographer
Donna Clup at Aerials*

CAMP DATE:

June 21 - 25

**RESIDENT / COMMUTER
CAMPERS:**

\$395 each week.

OVERNIGHT CAMPERS:

\$445 each week.

DEPOSIT:

\$100, non-refundable.

**MAKE CHECKS PAYABLE
TO: Aerials**

MAIL TO: Aerials Gymnastics
238 Schulykill Road, Phoenixville, PA 19460

All athletes must be USAG level 3, USAIGC Copper, or higher to attend. Additional check-in info, medical forms, what to pack, schedules, etc. will arrive after registration.

PAYMENT AMOUNT

Camp Fee: _____

Less \$100 non-refundable
deposit: _____

Balance due before June 1: _____

VOICE: 610-983-9044

FAX: 610-983-9046

E-MAIL:

info@Aerialsgymnastics.com

WEB:

www.Aerialsgymnastics.com



*2008 Arnold Schwarzenegger
Fitness Champion
Kim Klien*



DIRECTOR

Rick Palumbo is a former Penn State University gymnastics coach, founder of TEAM USA Gymnastics Camp, and owner 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 USA, Great Britain, Portugal, Puerto Rico, and Finland.

Athletes coached by Mr. Palumbo Rick include: 3-time Olympian Terry Bartlett; Olympic Team alternates: Chris Laux, Theresa Kulikowski, and Ian Shelly; 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.

PAST STAFF

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): Heidi Anderson, Vladimir Artemov, 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, Rob and Kim Klien, Kristi Kraft, Chris Laux, Danna Lister, Missy Leopoldus, Steve Marino, Shannon Miller, Steve Nunno, Genavieve Casey Shingle, Jennifer Sey, Natalia Shoposhnikova, Hope Spivey, Milan Stanovich, Linda Tardiff, Nic Tomasette and Mary Wright to name a few. Imagine who'll be with us in 2010!



*Elite Coach Rob Klien
working with campers.*

OVER 30 YEARS OF GREAT GYMNASTICS CAMPS!



PA'03



PA'87



VA'78



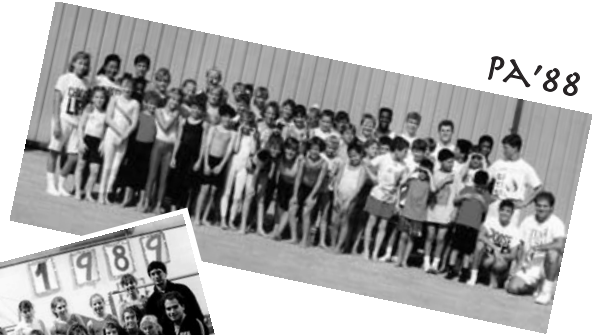
PA'05



PA'06



PA'09



PA'88



PA'89

NEW YORK'92



COLORADO'89



NEW YORK'94



COLORADO'95

PA '04



ONLY 30 MORE YEARS TO GO!