

# Team Camp 2025

GymStars  
USAG JO  
USAG Xcel  
USAIGC  
YMCA  
NGA

Since 1981, we've organized top-notch gymnastics training camps and clinics across the country—and for the past 25 years, right here in Phoenixville! We turn over our gym to visiting coaches who are among the best in the world.

Our exceptional training facility welcomes renowned coaches, including national and international champions, Olympic medalists, and NCAA stars. These aren't just guest appearances—they're hands-on sessions where elite coaches dedicate themselves to helping your athletes succeed.



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

If your daughter is GymStar, Any USAG, YMCA, NGA or any competitive 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.

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 National Teams.

## PHILOSOPHY

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



*3X Olympic Gold Medalist and  
7X Gold Medal World Champion  
Daniela Silivas.*

believe that small successes build confidence. That newfound 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.

HOSTED AT

Aerials



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. 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.



World Champion Hollie Vise

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



3X Olympic Champion,  
7X World Champ,  
Daniella Silivas



NCAA All Around, VT, FX Champ  
Anastasia Webb



India Anderson,  
Assistant Coach  
GW 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.



## WHY AERIALS?

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

**Because...** A full camp 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!



Lea Mitchell, Michigan State,  
Capitan and All-American



Theresa Kulikowski, Utah  
12X All American

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

CAMPER NAME

CLUB TEAM COMPETITIVE LEVEL (LAST SEASON)

ADDRESS

CITY STATE ZIP

AGE AT CAMP BIRTHDAY

PARENTS/ GUARDIAN NAME (S)

MOBIL PHONE

EMAIL



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

**CAMP DATES**

**CAMP 1\*: JUNE 21 - JUNE 24**

**RESIDENT & COMMUTER CAMPERS: \$645**

**OVERNIGHT CAMPERS: \$695**

**SUPER GIRL CAMP 2\*\*:**

**JUNE 26 - JUNE 28**

**RESIDENT & COMMUTER CAMPERS: \$475**

**OVERNIGHT CAMPERS: \$535**

**SAMPLE SCHEDULE: Subject to change**

**\* (Sat, Sun, Mon, 12-6pm. Mon 8:30am-5:30 pm)**

**\*\* (Thu, Fri, 12-6pm. Sat 9am-3 pm)**

**CHECKS PAYABLE TO:**

TEAM USA PRODUCTIONS,  
238 SCHUYLKILL ROAD, PHOENIXVILLE, PA 19460

**CREDIT CARD :**

ALSO ACCEPTED THRU SQUARE VIA EMAIL INVOICE OR  
VENMO FOR A SMALL FEE.



**PAYMENT AMOUNT: YOUR FEE: DUE BEFORE JUNE 1ST.**

All athletes must be pre-team preparing to compete in the 2025 season. Competitive GymStars, All

USAG Level 2 and up, ALL Xcel levels, ALL NGA 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**

**Director: Rick Palumbo** has dedicated his life to the sport of gymnastics, starting as a member of the coaching staff at the Pennsylvania State University and later founding TEAM USA Gymnastics Camp and Aerials Fit'n'Fun Gymnastics Center.



Since 1979, Rick has had the privilege of coaching athletes at various levels, from beginners to those competing on the world stage, including members of the U.S. and Olympic Teams. Along the way, he has been fortunate to work with nine collegiate Division I All-Americans and to support athletes representing National Teams from countries such as Great Britain, Portugal, Puerto Rico, and Finland.

Rick's greatest joy comes from helping athletes grow—not just in skill, but in confidence and character. He's proud to be part of a community that shares a love for gymnastics and the values it instills.

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 Olympic 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



2X Olympian Kerri Strug

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, Dave Gibson, Jaylene

Gilstrap, Sheryl Dundas, Michelle Dusserre, Glinni Elmore, Jenny Ester Rowland, Claudia Esteva Tony Fatta, Nicolle Ford, 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, Lea Mitchell, Alex Naddour, Kristin Naylor, Steve Nunno, Katelyn Ohashi, Jennifer Sey, Jacqueline Shealy, Natalia Shoposhnikova, Hope Spivey, Milan Stanovich, Charlie Tamayo, Linda Tardiff, Nic Tomasette, Hollie Vise, Paige Urquhart, Anastaasia Webb, Natalie Wojcik and Mary Wright to name a few. Join us in 2025!



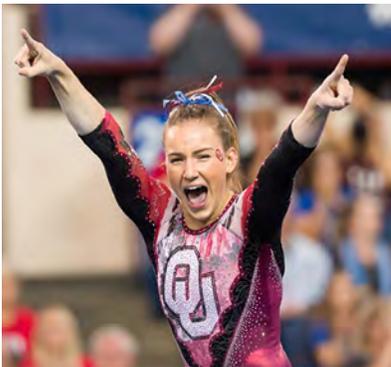
West Chester University  
Head Coach Barb Cordova

2025

Fun



Flips



Friends



TEAM USA  
Gymnastics Camp



# OVER 30+ YEARS OF GREAT GYMNASTICS CAMPS!

