



RGA

*Summer Camp
2017*

RUSHMOOR GYMNASTICS ACADEMY,
POOL ROAD,
ALDERSHOT. GU11 3SN
TELEPHONE: 01252.320888
FAX: 01252.318887
E-MAIL BERNIE@RUSHGYM.CO.UK



The former Camberley Gymnastics Club has a long and illustrious history of top class gymnastics, having produced many International competitors, including 2 British Team Captains and representatives at Junior and Senior European Championships, World School Games, World Student Games, World Championships and Olympic Games. For THIRTY-THREE years, gymnasts have been coming to our Camps to work in a happy and stimulating learning environment. Many of Britain's leading gymnasts have come to sharpen their skills at Britain's Foremost High Level Training Camp.

THE 33RD SUMMER CAMP FOR BOYS AND GIRLS

The Facility

The Gymnastics Centre, Aldershot, is a state of the art, fully equipped facility, with 24,000 sq. feet of space to train, and the added attraction of the beautiful Aldershot Lido, which is in the back garden. Every modern training aid is available, including Foam and U-Shaped Pits and Two full size Competition Floor Areas. The facility is equipped with G.E.S. supplied apparatus throughout.

Every year the RGA hosts Britain's foremost Invitational, 'The Rushmoor Rose Bowl' the winner in 2007 was no other than 2010

World Champion Aliya Mustafina! The facility is also used extensively by British Gymnastics to host major International events, plus each November, The Challenge Cup.

In recent years we have been used for Training Camps by the England Squad the Australian Men's Squad and Clubs from South Africa, Switzerland, Belgium and France. The Australian, South African and Bermudan National Teams have also been resident at the time of our International Competition as well as Club Teams from Russia, Bulgaria and Canada.



The facility boasts:

- Competition and Pit Vault.
- 6 Bar stations, including two over the Pit and one with spotting rig.
- 9 Beams, plus Training Beams.
- 30 metre Tumble Track into Pit.
- 1 sunken Goliath Pit Trampoline.
- 2 Full Floor Areas
- 2 Full sets of men's equipment plus numerous training aids.



THE COACHING STAFF

COLIN & BERNIE WRIGHT, both International Performance Coaches, were also honoured by the BAGA in 1994 when each were presented with the award of Master Coach of Great Britain by Yuri Titov President of the FIG for their continuous record of achievement over 20 years of coaching. Both have represented Great Britain on numerous occasions. Colin and Bernie will do their utmost to ensure that YOU will benefit directly from the wealth of coaching experience available at Camp this year.

VICKI KERR

Retired at the 2010 Rose Bowl after 21 years of Competition. A former England Team Gymnast, Vicki is now working at the RGA and passing on her love and enthusiasm for the sport to our members.

FORMER Russian Team Member and Coach ELENA KOLESNIKOVA now one of our staff coaches at the RGA. Elena graduated in 1980 from the Moscow Regional State Institute of Physical Education. She was a member of the USSR National Team from 1973-1977 and has had an illustrious career as a coach both in Russia and the United States of America. Most recently she has been involved with the development of Aliya Mustafina WORLD CHAMPION, ROTTERDAM 2010. We are very pleased to welcome Elena to Camp.





KEITH HARDY is a former British National Coach, Executive Board Member, Regional coach for the North West of England and a Master Coach of Great Britain. He was coach to British Champion, Mandy Gornall . Keith's friendly approach coupled with his vast knowledge of the Sport will always be appreciated.



BRENDENE HARDY has been one of Britain's foremost Brevet Judges. A former member of the National Women's Technical Committee with responsibility for Judge Education, Brendene has represented Great Britain as judge at numerous World and European Championships and has judged internationally for England, Ireland, Scotland and Wales.

Brendene will offer her expertise to Campers on combination of moves and structure of exercises to gain the maximum scores.

PLUS, PLUS, PLUS, a strong and enthusiastic support staff of well qualified and experienced coaches who will ensure that your 'Camp Experience' will match that of many who return to us year after year.

ENTERTAINMENT

Our Entertainment's Manager, Phil Palfreyman has numerous ideas in store to keep you occupied (if you're not too tired). You can be sure that you'll never be lonely or short of entertainment on Camp!

HOUSE MOTHER

Beryl Foster will be on site to cater for any of your needs, a former nurse, with many years of experience coaching and also teaching and tutoring Gymnastics and Movement for people with a Disability. Beryl was involved in the development of G.M.P.D. and General Gymnastics for British Gymnastics.



ACCOMMODATION

The accommodation comprises beds and bedding for 60 people. The girls sleep in the downstairs Dormitory or the Dance Studio, and the boys in the "Den". There is separate sleeping accommodation also for Staff and visiting Coaches. In addition to our current facilities a brand new toilet block with showers has been built for the convenience of our Campers. This year we plan to have a Junior and Senior Dormitory for the girls to help with the different bed times. Should a younger child prefer to be with the older children please request this in writing and we will do our best to oblige.



CATERING

Some years ago, the club invested £14,000 in a state of the art industrial kitchen that enables us to provide meals on site that are served in our Cafeteria.

At Camp, our aim is to provide good quality food that is enjoyable to eat. Food is prepared on site, served buffet style in the Olympic Restaurant and consists of a variety of options designed to suit the requirements of Gymnastics Training.

The meals are made from fresh ingredients which are bought locally. Whilst acknowledging different tastes, the menus offer nutritionally sound balanced meals with sufficient choice to enable gymnasts to select a healthy combination from food they like to eat.

A light breakfast of fruit juice, cereal and toast is complemented by a typical lunch of home made soup, cooked meats and salad. In the evening a substantial hot dinner will offer a choice of cooked meat dishes with rice or potato or pasta and vegetables.

In house catering enables us to prepare meals for those on special diets, given advance information, take advantage of seasonal produce and remain flexible to meet the challenge of the changing climate.

Please note that we do not serve fried foods or junk food at any time! We feel sure that you will find dining at Camp a pleasurable experience.

The popular Barbecue will continue on Thursday evening with of course



YOUR CHILDREN CAN BE ASSURED OF A TRUE RUSHMOOR WELCOME AND A CARING ENVIRONMENT IN THE COURSE OF THEIR STAY WITH US.

THE EVER POPULAR BARBECUES WILL CONTINUE ON THE SUNDAY AND THURSDAY EVENINGS WITH OF COURSE THE FAMOUS SKITS NIGHT AND EVERYBODY'S BIRTHDAY PARTY.

EXTRAS VIDEO EQUIPMENT WILL BE PERMANENTLY SET UP IN THE GYM FOR ANALYSIS. VIDEO OF MAJOR CHAMPIONSHIPS WILL BE AVAILABLE FOR ALL COURSE MEMBERS TO WATCH IN THEIR FREE TIME (IF ANY)!!!

The famous Skits night and EVERYBODY'S BIRTHDAY PARTY.

DATES

Week 1

Arrive Sunday 13th August 5-6 pm. Depart Friday 18th August 4 pm.

Week 2

Arrive Sunday 20th August between 5-6 pm. Depart Friday 25th August 4 pm.

Gymnasts or coaches who wish to stay for both weeks may be accommodated for the intervening weekend at a small cost if prior notice is given.

COST

One Week

1 gymnast £285

1 coach £240

Reductions for Two Weeks:

1 gymnast £495

1 coach £410

Although the course is designed as a high level training camp, do not be put off by the fact that you are not a Top Class Gymnast. All YOU need is the desire to succeed and a good deal of commitment.



Regards,

Colin and Bernie Wright.

Summer Camp Directors.