

WOODWARD®

Woodward, Pennsylvania

WEEK #2 JUNE 12TH-18TH

DISCOUNTS:

EARLY BIRD - \$100 OFF (REGISTER BY JAN. 31ST)

TEAMS OF 10-19: \$100 OFF

TEAMS OF 20-49: \$150 OFF

TEAMS OF 50 + : \$200 OFF

A Stars & Stripes Team Tradition

Choosing a training camp is an important decision that we have not taken lightly as a competitive team program. We have done the research and looked into what option is the most beneficial for the athlete both gymnastically and personally. We have visited Woodward the last 18 summers and they continue to exceed our expectations. There are so many camps to choose from and we know the Woodward comes with a hefty price tag, but when it comes to a well-rounded, quality training experience you truly get what you pay for. We want our athletes to have EVERY advantage. Woodward has a tradition of over 50 years training athletes from beginner to elite.

They were one of the first gymnastics camps ever, and provide athletes with opportunities that are NOT found elsewhere.

Stars & Stripes team members from both our Junior Olympic and Xcel teams have been attending Woodward every summer since 2003, and every visit proves to be an excellent growing experience for all children both as an athlete and a person. Additionally, it is a fantastic team bonding experience.

Camp Woodward is exclusively offered to pre competitive and competitive athletes who are age eligible (7 years and above). We do NOT hold team practice during the week of Camp Woodward.

Why Woodward?

We choose to continue returning to Woodward every summer because we believe it provides gymnasts with a unique opportunity to change their training environment for the week which proves to be very motivating and FUN! Athletes have a week entirely devoted to their gymnastics training. Woodward has truly played an important role in the Stars & Stripes Competitive Program and the development of our athletes. In addition to quality gymnastics training, we believe the Woodward experience provides excellent personal growth for each gymnast which is essential for success in the sport and in life. The training atmosphere at Woodward is amazing! The training schedule matched with the opportunity for athletes to work with the Woodward coaches as well as their own personal coaches provides the ultimate week of gymnastics training.

At Woodward athletes have the opportunity to train with other gymnasts from around the country which creates an opportunity to make new friends and challenge their abilities with a different training group than they are accustomed to. Gymnasts also have the opportunity to train in one of the best gymnastics facilities in the country, and receive instruction from a professional and energetic staff including club coaches, college coaches, college gymnasts, Olympians and Olympic coaches.



Transportation

Stars & Stripes organizes transportation to and from Woodward (via charter bus). The cost for the charter bus (depending on how many gymnasts use the bus) is typically around \$190-\$200. This is an additional charge and is billed to your Stars & Stripes account upon registering (for the bus). The transportation fee includes round trip transportation, driver fees, fuel, driver's gratuity, and meals for athletes both ways. Details about transportation will be arranged in March.

Transportations fees will be billed June 1st.

Details & Cost

Stars & Stripes will be attending camp week #2, which is June 12th – June 18th 2022. The total cost for week #2 is \$1399, however team discounts will be applied and subtracted from the total cost upon final payments. The deposit is required along with a completed registration information to ensure a spot. Registration must be completed online at www.campwoodward.com. Final payments are due April 1, 2022; Woodward does offer a flex pay option (more details available on their website). Deposits and payments must be made directly to Woodward, Stars & Stripes does NOT handle payments for Woodward. Scholarship applications for gymnasts are available on the Woodward website. A parent meeting will be held in early June to discuss details with "first time camper" parents.



What to Expect

Gymnasts attending Woodward have the unique opportunity to train more independently, therefore a certain level of self-discipline is required. Gymnasts will get out of Woodward what they put in. Gymnasts who are motivated to improve and/or learn new skills excel in the Woodward training atmosphere.

Gymnasts will have 2.5 hours of group training per day with their Woodward coaches, then gymnasts are provided with 5 additional hours per day of instruction which includes open workouts where athletes can choose what they would like to work on along with Stars & Stripes team workouts led by the Stars & Stripes coaches.

Stars & Stripes coaches will provide each gymnast with their own personal itinerary, expectations, and goals for the week. Gymnasts are required to attend a specific number of open instructional workouts throughout the week as well as mandatory workout sessions with the Stars & Stripes team. Gymnasts will train approximately 20-30 hours throughout the week (depending on their level). Gymnasts are provided with very clear direction and expectations for their week at Woodward and Stars & Stripes coaches are present to be sure the week is productive.

Cabin arrangements

Typically all Stars & Stripes team members 9 and under will stay in a cabin together, then all gymnasts 10 and above will stay in another cabin. Each cabin has a "cabin mom" or counselor (college student) to chaperone. Cabins have bunk beds and are air conditioned.

Parents at Camp

We ask that parents stay away from camp so gymnasts can benefit from their independence and gain the true camp experience. Part of the growth experience both personally and gymnastically includes independence for the athlete. The Woodward staff and Stars & Stripes coaches are there to help athletes feel comfortable and have an overall enjoyable experience.