

OUR STAFF

Tony Retrosi, Owner Atlantic Gymnastics and Gym Momentum.

Chris Gallardo. US Olympic and World Championship Coach..

Don McPherson. owner/coach. Aerial Gymnastics Club. USAG National Staff

Vasko Vetzev, 2 time Olympian and World Champion.

Wendy Bruce-Martin US Olympian and World Champion, Member USAG Hall of Fame.

Jamie Donkin, Yellowjackets Gymnastics, Middleton MA

Carley Meyer, Head Coach Arlington Aerials. Arlington, VA

Daire Ocellag, Head Coach Acro-Tex, Austin, TX

Brian Korman, Owner/Coach Yellowjackets Gymnastics, Middleton, MA

Jeremy Mosier, World Champion, Head coach Pegasus Gymnastics, Calgary Canada

Jody Nichols. Director A Broadway Kids Company.

Cara Gonzeles, Coach Acro-Tex, Austin Texas

Brian Pickard, Owner/ Coach Gymnast Gymnastics and Timeless Training

Chris Lakeman, Head coach – KRK Gymnastics , Germany.

AND MORE!



THE FACILITY



The Gym is equipped with

- 60 x 40 floor with a tumbling strip into loose foam.
- 50 ft rod floor
- 3 vault tables. (into loose foam, resi and competition surface) plus an extra tumble strip for vault return stations.
- 6 Sets of Bars including single rail over loose foam, trench bar, a separate single rail and a bar for “strap” use.
- 10 Balance Beams including dismount into loose foam
- In ground trampoline
- Separate Dance Room
- 40 ft Tumbler Trak

YELLOWJACKETS GYMNASTICS

4 Lookout Lane

Middleton, MA 01949

GYM MOMENTUM



Come to a camp where YOU and YOUR TEAM can learn along side our Internationally recognized staff!

JULY 12-15 2018

The focus of this camp will be on OPTIONAL LEVEL GYMNASTICS for gymnasts moving into Level 6 up through 10 and Elite.





Clubs from Around the World come to GYM MOMENTUM!

Gymnastics clubs from around the USA and the WORLD have come to train with our staff. 2017 brought teams from 12 US States as well as from ICELAND, ITALY, GERMANY, CANADA and ARGENTINA.

The concept of GYM MOMENTUM CAMP started in a hotel lobby where a bunch of tired coaches were sitting around after a competition. We ended up talking technique, training ideas and problem solving. We thought, "wouldn't it be great if we could get together once a year to do this in a more formal setting and be able to follow up in the gym?"

Every day Gym Momentum staff work with the individual coaches and gymnasts towards their goal. Sharing drills, technique and training ideas.

GYM MOMENTUM TRAINING CAMP

FINALLY! A camp where both YOU and YOUR TEAM have an opportunity to learn along side our Internationally recognized staff.



PER ATHLETE:	\$490
Price includes all training, lunch on Friday, Saturday and Sunday. As well as a T-shirt for Gymnasts and Coaches	
TEAMS OF 8:	\$475
TEAMS OF 10+:	\$465
Coaches/Parents must need to be responsible for their athletes in the hotel and transportation.	



COACH WITH ATHLETES	\$130
COACH WITHOUT ATHLETES	\$275
MEMBERS US ELITE COACHES ASSOCIATION	FREE

www.uselitecoachassoc.com

"I loved gymmomentum camp because of the opportunity it gave me to work with some awesome coaches and learn so many new skills."

REGISTRATION IS NOW OPEN.

CONTACT: tony@gymmomentum.com

FOR MORE INFORMATION AND TO DOWNLOAD FORMS VISIT OUR WEBSITE:

www.gymmomentum.com



World Class Training for Gymnasts and Coaches