



Tennessee



State Elite Team (SET) Camp



Dates: Friday, July 1st - Sunday, July 3rd

(ALL TN Optionals welcome on Saturday. See note at bottom)

Cost: \$60

Location: GymTek Academy
5331 Western Avenue
Knoxville, TN 37921

Contact: Matt Henry - SET Director

(865) 773-7489 cell

mhenry@GymTekAcademy.com

Allan Malone - TN State Chair

vicgym@multipro.com

Coaching Staff



Nick Blanton

A gymnastics coach since 1997, Nick brings a long list of impressive credentials, including

- *Gymnastics Director International Gymnastics Camp, PA
- *Represented Great Britain as a coach Austria, Croatia, Hungary & Italy
- *Selected as a lecturer at the Belgium National Gymnastics Festival in Ghent, September 2011
- *Coach of the 2010 Under 12 FIG British National Championship Team
- *Coach of the 2010 Under 12 British National All-around Champion
- *Coach of 3 gymnasts on the Great Britain Junior National Elite Performance Squad 2009 - 2011
- *Coach of 2009 under 14 FIG British National Championship Team
- *Coach of 2 gymnasts of the Great Britain Junior National Elite Performance Squad 2008
- *NCAA National Qualifier 2001 - 2002



Kevin Mazeika

- National Team Coaching Staff since 1988
- Coached at more than 35 International Competitions
- First coach to lead team USA to back to back medals at the Olympics!
- 2004, 2008, and 2012 Head Olympic Team Coach
- Upcoming 2016 Head Olympic Team Coach
- Personal coach to two Olympians, 7 World Team Members, a World Champion, 9 World Cup Medalists, 52 National Team Members, and 33 National Champions!



- Recipient of the Frank Cumiskey Award 2014
- Former Junior National Team Coach for 10 years (only Coach every from TN)
- 33 straight victories at the TN State Championships
- Coach of multiple State, Regional and National Champions
- 2006 TN Gymnastics Hall of Fame
- 2009 Greater Knoxville Sports Hall of Fame

****All Optional Athletes (levels 8-10) from Tennessee are invited to join us during the camp on SATURDAY ONLY. The cost will be \$50. They will work with the Elite Camp Coaching Staff, and the parents are welcome to participate in any lectures going on at the time. Be sure to let Matt Henry know if you are bringing additional optional athletes!****

TN State Elite Team Camp Schedule



2016 TN Men's Coaches Education Workshop & State Elite Team Camp



Workout and Presentation Schedule *(Tentative & subject to change)*

Friday, July 1

1:00 pm to 1:30 pm	Coaches Check In
1:30 pm to 3:00 pm	Coaches Meeting
3:30 pm	Introduction to Parents and Expectations of Athletes
3:30 pm to 5:00 pm	Parent Lecture (TBA)
3:30 pm to 7:30 pm	Training Session #1
4:00 pm to 5:30 pm	Coaches Education Lecture (Phil Savage - TBA)

Note: Food is not provided so make sure your athlete has eaten prior to starting practice, and has a snack if needed.

Saturday, July 2 (All OPTIONAL **level 8-10) Gymnasts from TN may participate on Saturday ONLY**

Optional Athletes coming just for Saturday may arrive as early as 9am or can choose to arrive for the 10am training session.

9:00 am to 9:45 pm	Talk from Kevin Mazeika
10:00 am to 1:00 pm	Training Session #2
10:00 am to 11:30 am	Parent Lecture (TBA)
10:00 am to 12:00 pm	Coaches Education Lecture (Matt Henry - TBA)
1:00 pm to 2:00 pm	LUNCH BREAK

Note: Lunch is not provided so make sure to have food for your athlete. There are plenty of restaurants close by if you prefer to leave the gym during this time. Be sure to return early just in case everyone is done eating early.

2:00 pm to 6:00 pm	Training Session #3
2:00 pm to 4:00 pm	Coaches Workshop (Nick Blanton - TBA)
**6:00 pm to 8:00 pm	Team Bonding at Onsite Rock Gym (indoor rockclimbing center just below GymTek)

Sunday, July 3

9:00am to 12:00pm	Training Session #4 (FINAL)
12:00pm	Final Team Line Up and Closing



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Tennessee