

Trampoline Swag

SUMMER SKILLS CAMP

AUGUST 1st-3rd
2025



PUSH YOUR LIMITS!

Push your skills to new limits at the FIRST ANNUAL SUMMER SKILLS CAMP, hosted by Trampoline Swag at Carolina Elite Trampoline & Tumbling. This camp is open to all athletes, USAG, USTA, AAU who can perform skills level 8 or higher.

- » 8 Olympic Trampolines
- » 2 FIG Double Mini Trampolines
- » AirBag for **BIG SKILLS**
- » International Length Skakun Rod Floor
- » 60' Power Top TumbTrak

SCHEDULE:

FRIDAY August 1st: 4:00 - 7:30 PM

SATURDAY August 2nd, 9:30 AM - 4:30 PM

SUNDAY August 3rd, 9:30 AM - 12:30 PM

SAVE YOUR SPOT

Athlete Registration: \$300 / Athlete

Registration Opens: February 15th, 2025

Early Bird Discount: \$25 Off until April 15

Max Camp Capacity: 60 Athletes

Coaches Welcome to attend with Team

Visiting Coaches:



Coach Jason Burnett

Olympic Silver Medalists (2008), 3x Olympian, 3x Pan American Champion, 8x Canadian Senior National Champion. Athlete, coach, & judge.



Coach Ky Shaw

World Cup Silver Medalist 1992. Retired member of the USA Sr National Team. Owner of JumpStart Plus in IL & TUM Representative on the USAG Elite Committee.



Coach Tomas Minc

World Double Mini Team Champion (2023) and World Championships Double Mini bronze Medalist (2022) in Double Mini Trampoline.

Home Coaches:



Coach Gracie Harder

World Championship Bronze Medalist in Double Mini Trampoline. USA Gymnastics National Team Member & USA DMT Judge.



Coach Trevor Harder

World Cup Champion, Mixed Synchro (2025). Pan American Champion (2022), TRA World Age Group Silver Medalist (2023), DMT Sr National Champion (2021).



Coach Nick Minney

Founder & Head Coach at Carolina Elite, Coach to National and International Champions, Chair of the USA Gymnastics Elite Committees.



Don't miss your chance to train with world-class coaches, push your limits, and rise to new heights at the ultimate summer camp experience for elite athletes—register now before spots fill up!

»» Friday August 1st

Travel In on Own Time -

- 4:00 - 4:30 PM Athlete Check In & Goals Sheet
- 4:30 - 5:00 PM Warm Up & Stretch
- 5:00 - 5:45 PM Rotation 1
- 5:45 - 6:30 PM Rotation 2
- 6:30 - 7:15 PM Rotation 3
- 7:15 - 7:30 PM Cool Down & Line Up

»» Saturday August 2nd

- 9:00 - 9:30 AM Athlete Check In
- 9:30 - 10:00 AM Warm Up (Pilates) & Stretch
- 10:00 - 10:45 AM Rotation 4
- 10:45 - 11:30 AM Rotation 5
- 11:30 - 12:15 PM Rotation 6
- 12:15 - 1:00 PM Lunch Break - Meal Provided
- 1:00 - 1:30 PM Seminar: "Own the Moment" - The Art of Competing Well
- 1:30 - 2:00 PM Warm Up Activity & Stretch
- 2:00 - 2:45 PM Rotation 7
- 2:45 - 3:30 PM Rotation 8
- 3:30 - 4:15 PM Rotation 9
- 4:15 - 4:30 PM Cool Down & Line Up

»» Sunday August 3rd

- 9:00 - 9:30 AM Athlete Check In
- 9:30 - 10:00 AM Warm Up & Stretch
- 10:00 - 10:45 AM Rotation 10
- 10:45 - 11:30 AM Rotation 11
- 11:30 - 12:15 PM Rotation 12
- 12:15 - 12:45 PM Swag Awards & Picture

Travel Home on Own Time



What to Expect at Camp:

Over the course of three action-packed days, athletes will participate in multiple rotations designed to provide focused attention from each expert coach. At the end of the camp, standout athletes will be recognized with exclusive Swag Awards for their exceptional effort and progress.

»» **HOST HOTEL:** All athletes and coaches (except visiting clinicians) are responsible for arranging their own travel and accommodations. Lunch will be provided on Saturday, August 2nd. The Host Hotel for the event is the High Point Hampton Inn, located on South Main Street.

»» **APPAREL:** All athletes are required to wear competition training attire during camp sessions to maintain a focused environment.

»» **Personal Coaches Welcome Too!**
We encourage personal coaches to join their athletes at camp! Coaches can observe, learn, engage, and even collaborate with our expert staff. Plus, you're invited to our coaches' fellowship dinner—a great opportunity to connect, share insights, and grow together. Our mission is to equip the T&T community with the knowledge to excel and the inspiration to fuel a million flips!

SAVE YOUR SPOT

Registration Opens: March 1st, 2025

Early Bird Discount: \$25 Off until April 15

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