

»» Parent / Athlete Guide to Success Packet

»» Welcome Letter

We are so excited to welcome everyone to our second annual Trampoline Swag Summer Skills Camp!

Last year, this camp started with a simple idea: bring together great athletes, great coaches, and great people for an unforgettable weekend of training. We had the opportunity to bring in some of my own personal heroes to invest in our athletes, share their knowledge, and help inspire the next generation of our sport.

But what happened went far beyond learning new skills.

Athletes from different gyms and different places trained together, pushed one another, laughed together, and **built friendships that we have watched continue to grow throughout the entire season**. We saw athletes become stronger, jump higher, run faster, flip better, and—most importantly—believe a little more in what they were capable of. Now, we get to do it again. Together!

Year One taught us a lot, and we are ready to take everything we learned and make Year Two even better. We have an incredible group of athletes and coaches coming together, and I cannot wait to see what happens when everyone brings their energy, effort, and enthusiasm into the gym.

Come prepared to work hard. Come ready to learn from new voices and try new things. Cheer for the athletes around you. Make new friends. Ask questions. Challenge yourself. And, of course, have an absolute blast!

I can't wait to see what you accomplish. Live brave, have faith, and dream BIG. Let's have an amazing camp!

With gratitude,



Nicholas Minney
Head Coach, Carolina Elite



Final Schedule

» Friday July 31st

Travel In on Own Time -

3:30 PM	Doors Open
3:30 - 4:30 PM	Athlete Check In & Goals Sheet
4:30 - 5:00 PM	Group Picture, Warm Up, & Stretch
5:00 - 5:40 PM	Rotation 1
5:40 - 6:20 PM	Rotation 2
6:20 - 6:30 PM	Snack
6:30 - 7:10 PM	Rotation 3
7:10 - 7:50 PM	Rotation 4, Then Line Up

» Saturday August 1st

9:00 - 9:30 AM	Athlete Check In
9:30 - 10:00 AM	Warm Up (Pilates) & Stretch
10:00 - 10:40 AM	Rotation 5
10:40 - 11:20 AM	Rotation 6
11:20 - 12:00 PM	Rotation 7
12:00 - 1:00 PM	Lunch Break - BBQ Joe's (Food Provided for Athletes & Clinicians)
1:00 - 1:45 PM	Seminar Q&A (Athletes, Coaches, Parents Welcome)
2:00 - 2:30 PM	Warm Up Activity & Stretch
2:30 - 3:10 PM	Rotation 8
3:10 - 3:50 PM	Rotation 9
3:50 - 4:30 PM	Rotation 10
4:30 - 5:00 PM	Cool Down & Line Up

» Sunday August 2nd

8:30 - 9:00 AM	Athlete Check In
9:00 - 9:30 AM	Warm Up & Stretch
9:30 - 10:10 AM	Rotation 11
10:10 - 10:50 AM	Rotation 12
10:50 - 11:00 AM	Snack
11:00 - 11:40 AM	Rotation 13
11:40 - 12:20 AM	Rotation 14
12:20	Swag Awards & Picture

Extra Details

Parent Viewing Schedule

While we'd love to welcome every parent to watch each session, our facility has limited seating—only about 30 seats are available during training times. To ensure that all families have the opportunity to observe, we've created a viewing rotation by athlete group.

Friday Evening: Group 1 & 2 Parents

Saturday Morning: Group 3 & 4 Parents

Saturday Evening: Group 5 & 6 Parents

Sunday Morning: Group 7 Parents

Arrival & Check-In

Camp check-in will be open from 3:30 PM to 4:30 PM on the first day. While our facility is spacious and welcoming, we can only process a limited number of athlete check-ins at a time—so we encourage families to arrive early and plan to hang out and connect with new friends while waiting for the official start. Our staff will be ready to greet you, and we'll have music and good vibes ready to kick things off. Let's start camp with energy and smiles!

Closing Day

As camp comes to a close, we invite parents to join us on Sunday at 12:20 PM for our final wrap-up. We'll finish the weekend with closing speeches, awards, and group photos to celebrate all the progress and memories made.

It's a special time to reflect, laugh, and say goodbye (for now)!



»» Training Groups

Group 1

Evan Dufort
Paxten Taylor
Liam Baker
Ryan Sprague
Brodie Cooke
Michael Keyes
Jackson Drew
Gavin Crane
Grady Crane
Carson Sprouls
Haiden Hamilton

Group 2

Michael Carey
Bentley Zillmer
Hutch Setser
Daniel Remole
Jackson Freda
Daniel Basily
David Basily
Heaton Manning
Jacob Richards
Hunter Miller

Group 3

Brooklyn Velazquez
Stella Teeter
Meah Kelley
Claudia Pulgar
Quinn Peavley
Mylie Denson
Addison Hagedorn
Desirae Aly
Makaine Beal

Group 4

Cristina Anzalota
Sophie Fields
Hailey Norton
Amelia Fields
Haven Meng
Willow Turgeon
Caitlyn Akina
Leighton Easter
Ella Bays
Kayla Covington

Group 5

Hannah KingNabors
MK Storrs
Molly Dobrinski
Emma Dobrinski
Amelya Hall
Isabella McMillen
Sloan Gwin
James Bachmann
Jackson Kostrzew.
Jacob Waldrop
Liam Biglione

Group 6

Riley Young
Priya Capizzi
Josie Bachmann
Addison Walts
Mae'le Fallis
Harper Edwards
Emma-Mae Lewis
Parker Crosson
Harper Hodge
Raeleigh Bonner
Annabelle Berm.
Zoe Thedens

Group 7

Lily Addario
Bella Avdibasic
Aria Byrnes
Raelyn Sprague
Jules Gwin
Megan Conklin
Ella Hollenbach
Katelyn Bauer
Janelle Mitchell
Kipton Hilliary
Kaidence Davis

Rotations:

Athletes will rotate through the camp with their group and have a chance to train with each clinician twice.

PARENT VIEWING

We love having families watch their athletes train. However, because our gym has seating for only about 30 spectators, we have created a rotating viewing schedule to ensure every family has an opportunity to observe camp.

Friday Evening: Parents of Groups 1 & 2

Saturday Morning: Parents of Groups 3 & 4

All Parents welcome to attend seminar after lunch

Saturday Afternoon: Parents of Groups 5 & 6

Sunday Morning: Group 7

All Parents welcome to attend SWAG awards at 12:20 PM

OFFICE : +1 336 434 1906

WEB : www.TrampolineSwag.com

Email : Office@CarolinaTrampoline.com

Address: 5429 Prospect Ct, Archdale NC 27263



Extra Details for 2026

Saturday Lunch: BBQ Joes!

We're excited to provide a local classic, BBQ Joes, for lunch on Saturday for all athletes and staff coaches! The spread will include pulled chicken or pulled pork sandwiches and a variety of toppings and sides. If your athlete has any food allergies or dietary restrictions, they are welcome to pack their own lunch instead.

Parents & personal coaches, we kindly ask that you make other lunch plans. If you're looking for a great local spot, we highly recommend our friends at BBQ Joes just down the road—they're fantastic!

Athlete Apparel & Dress Code

All athletes should arrive in competition-style training apparel. Girls are expected to wear leotards and may also wear shorts over them. Boys should wear singlets or compression shirts with athletic bottoms. For trampoline events, all athletes must wear white foot coverings—either socks or trampoline shoes. Please ensure hair is secured tightly to the head, and no jewelry should be worn during training for safety reasons.

Visiting personal coaches are also expected to wear appropriate gym attire while on the floor. We want everyone—athletes and coaches alike—to look professional and ready to work!

Snacks & Hydration

Pack a snack! Pack a drink! Athletes will be training hard, so it's important to stay fueled and hydrated throughout the weekend. We have a water fountain and a bottle refill station available, and there will also be sports drinks and snacks for sale in the lobby. Please plan ahead and bring whatever you need to keep your energy up—your body will thank you!

Medical & Trainer Support

We're pleased to have a trainer on site for the duration of the camp, ready to assist with minor bumps and bruises, athletic taping, rehab recommendations, and general support. During check-in, a legal guardian will be asked to provide consent to tape and treat as needed.

If your athlete requires frequent or extensive taping, we kindly ask that you bring a personal roll of tape for our trainer to use. Your athlete's safety and well-being are a top priority throughout the weekend!



Extra Details for 2026

What If My Athlete Doesn't Do All Three Events?

First of all—we highly encourage all athletes to stay with their group and participate in all three events, even if one isn't their primary focus. We've assembled an incredible team of coaches across trampoline, double mini, and tumbling, each with valuable insight and techniques to share. Who knows? Your athlete might just reignite a long-lost passion or discover a hidden strength in a new discipline!

If an athlete is unable to participate in a specific event due to injury, we will typically send them to work with our on-site trainer during that rotation on rehab or prehab exercises to take home for continued recovery.

If an athlete is completely uninterested or unable to train a particular event for other reasons, they may be allowed to temporarily join another group during that rotation, but only with approval from the Camp Director (Coach Nick) and with input from the athlete's personal coach if present. We want every athlete to get the most out of camp while respecting individual needs.



Saturday Night: Build Those Friendships!

On Saturday night, we encourage all campers to spend time with their new friends from across the country (and maybe even the world!). Whether you head to a local ice cream spot like Dario, hang out at Creekside Park, or relax back at the hotel with pizza and a movie, this is your time to connect beyond the gym. Some of the deepest and most meaningful friendships in T&T are born at events like this, and we hope you take full advantage of the opportunity to build memories that last far beyond the weekend!

