



SC USA Gymnastics Clubs,
Hope everyone is enjoying the summer! Olympics are almost here which will be exciting! Wishing you all the best throughout your summer training.

As we look forward to the 2024-2025 gymnastics season, we hope you will join us at our 2024 SC Training Camps!! The SC SAC will be hosting the 2024 Compulsory & XCEL Bronze, Silver & Gold Training Camp on September 7th & 8th at Gymnastics Academy of Charleston and the 2024 Optional & XCEL Platinum, Diamond & Sapphire Training Camp at the Clemson Gymnastics Training Facility on October 5th & 6th. You will find more information below, along with the MeetMaker Registration links. We do suggest registering early, as space is limited in both training camps.

Thanks,
Mendi Knisley
SC SACC

South Carolina clubs and families,
We are excited to host the 2024 Xcel and Compulsory Training Camp on September 7th and 8th at Gymnastics Academy of Charleston. Registration is open and will continue through August 23rd. Once registration has concluded, we will assign what day and time your club will attend. Our goal is to keep everyone together with their friends and coaches so keep an eye out for that email. We are excited to work on our "perfect basics" for this upcoming 2024-2025 season and know our dance contest will be fantastic.

Amanda Selwold & Pat Faulkner

2024 SC Compulsory & XCEL Bronze, Silver & Gold Training Camp

September 7th & 8th

Gymnastics Academy of Charleston, Charleston, SC

Cost: \$70/athletes and \$25/coaches

Register on Meetmaker

Registration Deadline: August 23rd Beach Theme

Camp Focus: "Perfect basics" Posture, body tension, dynamics & more

Added Fun: Dance Contest - Each club or individual will come up with a dance and at the end of camp will perform it, and a winner will be chosen for a pizza party.

Registration Link:

2024 SC Compulsory and XCEL Bronze, Silver, Gold Training Camp

Host Hotels:

Embassy Suites by Hilton Charleston Airport Hotel & Convention Center

5055 International Boulevard, North Charleston, SC 29418

Book by: August 17th

[Embassy Suites Charleston Airport Hotel & Convention Center Booking Link](#)

Residence Inn Charleston Airport

5035 International Boulevard North Charleston, South Carolina 29418

Book by: August 16th

[Residence Inn Charleston Airport Booking Link](#)

New this year for the SC Optional & Platinum, Diamond & Sapphire Training Camp: 4 Sessions limited to 60 kids/session Saturday 8:30-12:30 and 1-5. Sunday 8:30-12:30 and 1-5.

Saturday 1st session- High performance Camp available to all 6-10 athletes who qualified for the 2024 Regionals

Next 3 sessions will be divided up by teams and then grouped by levels within their designated session

NO LUNCH served this year.

Confirmed clinicians so far:

Justin Reynolds- Clemson University Assistant Coach

Suzanne Metz- Former University of Utah gymnast & EPIC beam/ floor dance clinician

Valerie Snow

2024 SC Optional XCEL Platinum, Diamond & Sapphire Training Camp

October 5th & 6th

Clemson Gymnastics Practice Facility, Clemson, SC

Cost: \$100/athletes and \$25/coaches

Register on Meetmaker

Registration Deadline: September 6th

Registration Link:

[2024 SC Optional & XCEL Platinum, Diamond & Sapphire Training Camp](#)

Host Hotel:

Holiday Inn Express & Suites - Clemson - Univ Area 1381 Tiger Boulevard, Clemson, SC

Book by: September 18th

[Holiday Inn Express & Suites - Clemson - Univ Area Booking Link](#)

Complete list of clinicians for both training camps will be sent once confirmed.