



International Summer Camp & Clinic WAG

29. June – 3. July 2026

Kokkedal-Copenhagen-Denmark

INVITATION



- Monica Michelle –

Full-time elite level coach with a passion for gymnastics of helping gymnasts follow their goals and helping them reach their dreams.

- Amy Maze –

Award winning dance teacher
There will be another 1 or 2 guest coaches depending on
the final number of gymnasts.

- Jack Hedges –

High level coach, Jack Hedges is a highly experienced British Gymnastics Women ´s Artistic coach with over a decade of experience. Work with elite gymnasts worldwide and contribute to numerous successful programs.

- Rick Tybor –

High level national coach from US – Texas. Working i U.S national Team Training Center.

The Danish Artistic Gymnastics Union (DIGU) in cooperation with Nivå Gymnastics Club (NG) invites you to a Camp and Clinic for WAG in the summer of 2026. There will be 5 days of training, teaching for the coaches and the opportunity for both seeing and learning from highly experienced coaches.





INFORMATION

- Place:** **Gymnastikkens Hus** (House of Gymnastics), Holmegårdsvej 102, 2980 Kokkedal, Denmark.
- Dates:** **Monday 29. June – Friday 3. July 2026.** Exact times and program will be announced later, when we know how many and the level of the gymnasts.
- Price:** We expect the final price to be **DKK 3.000 - 3.500 kr. per gymnast** and **DKK 1.500 kr. per coach** – depending on number of gymnasts. The fee includes clinic, lunch, dinner and fruit each day.
- Pre-registration:** The price for **pre-registration is DKK 500 kr. per gymnast**, which will be deducted at final registration.
The pre-registration is open **until 31. March**. Through direct contact a pre-registration can be withdrawn.
- Link for registration:** https://gymunion.dk/events.php?event_id=4&action=eventinfo – **Please enter** name, birthday and level of gymnast, name of coach and level on license. Please register if you have any allergies or are a vegetarian. You can also register the number of mattresses you need.
- Final registration:** Definitive registration will be open from **1. April – 1. May 2026**. Final registration is binding.
- Payment:** **The bill will be sent** out directly after registration.
- Cancelation:** You can cancel your pre-registration and get a full reimbursement of the payment **before the 1. May 2026**.
- Accommodation:** It is possible to sleep in the adjacent school gym hall. **Rent of mattress** is DKK 100 kr. per night. The Mattress is not covered through the final price, it is extra.
- Participation:** We recommend that gymnasts have competed on what is comparable to **level five or higher in Danish WAG** to make the most of the clinic. The clinic will be in English.
Only girls can participate, and we only have a limited number of places.
- Coaches:** We recommend that you register **1 coach per 1 - 6 gymnasts**. However, you can attend as a coach even if you do not register any gymnasts with you.
- Questions:** Dorthe Gaarsdal +45 6110 4785 or e-mail: dorthe@nivaagf.dk



PRESENTATION OF THE EXPERTS

Monica Michelle

Monica Avery has been coaching for over 20+ years and has produced many State, Regional, and National Champions. In her career, she has produced elite gymnasts who have gone into successful collegiate careers. Monica has had athletes attend the National Team training camps and has received college scholarships. Monica is all about the athlete having fun and believes in kids being kids first and foremost while balancing school and sports. Monica is finishing her PhD in Forensic Psychology to help better serve youth who are struggling with mental health. Monica has owned a gymnastics facility called OSEGA for the past 13 years. Monica has produced successful camps in Sweden and Denmark.

Amy Maze

Award winning dance teacher. Amy studied at North Carolina School of the Arts and The University of North Carolina at Greensboro, where she graduated with a BFA in choreography and performance. She performed with the Walt Disney World Corporation, Horn in the West and modern dance company Soul Play. After her performance career Amy knew that teaching was truly her passion. Many of her students have gone on to study dance and are now professional performers. She directed her own children's program at Black Mountain Center for the Arts for 10 years and formed a community-based dance troupe for students that want more performance opportunities in a non-competitive environment. Amy has also worked with Olympic champion Svetlana Boginskaya as a dance instructor for the Olympia Gymnastics Camp. She travels internationally as a dance coach for competitive gymnasts. She judges national dance competitions throughout the U.S. and can be found guest teaching in public/private schools. She loves encouraging young dancers to keep working hard to reach their goals and dreams. Amy is currently on the roster of Dance Competition Judges with Impact Dance Adjudicators.

Jack Hedges

Jack Hedges is a highly experienced British Gymnastics Women's Artistic Coach with over a decade of experience. He has had the opportunity to work with elite gymnasts worldwide and contribute to numerous successful programs. Under the mentorship of highly esteemed coaches, Jack has honed his coaching techniques and philosophies into effective implementation strategies. Over the past decade, he has participated in various successful camp experiences in countries such as the USA, Portugal, and Sweden. Jack has received recognition for his exceptional spotting and skill development practices during these camps. His coaching has led to the cultivation of multiple regional and national champions, showcasing his commitment to excellence. Jack has also been privy to an Olympic standard of programming for the past 7 years which is reflected his dedication to ensuring the highest level of performance and enjoyment in the gymnasts he coaches.

Rick Tybor

The coaching career of Rick Tybor spans more than 20 years, during which he has primarily taught women's competitive gymnastics. After completing his studies at Arizona State University in the field of Recreation Management, he went on to open his own training facility, American Elite Gymnastics. He later moved to Texas, to join the prestigious staff at World Olympic Gymnastic Academy. Four years later, he took his spotting talents and ability to produce top level athletes to Kurt Thomas Gymnastics, where he contributed to several undefeated seasons at multiple competitive levels. He has produced countless state champions in Arizona and Texas, while working as a clinician at the U.S National Team Training Center, as well as camps and clinics throughout the country and abroad

