

Gymnastics Team Training Camp

This camp is for current members of the HRYMCA Gymnastics Team and for gymnasts who wish to join our team.

Gymnasts are placed in groups according to their ability.

Activities include Gymnastics training, free swim, group

activities, games, and more!

At the end of each session we will hold a mock competition and give out medals!

Gymnasts must get coaches approval to register.



Three 1-week Sessions

June 29-July 3

August 3-August 7

August 10-August 14

Monday-Friday

9:00 am-4:00 pm

For more information or approval please call Marion Jordan, Gymnastics Director (413) 584-7086 ext. 106

Gymnastics Team Training Camp Registration Form 2009

Circle Sessions Desired

| <u>Session Dates</u> | <u>Youth/Y-Team Rate</u> | <u>Household Discount</u> |
|----------------------|------------------------------|-------------------------------|
| June 29—July 3 | \$265 | \$215 |
| August 3—August 7 | \$265 | \$215 |
| August 10—August 14 | \$265 | \$215 |

Name

Age

____/____/____
DOB

Sex (M or F)

Address

How much Gymnastics Experience?

Method of Payment

- Check
- Credit Card
 - Visa
 - Mastercard

Credit Card #

Exp. Date

Signature

TOTAL DUE BY JUNE 15TH: _____

Parent/Guardian Name

Gymnast Information

Things to Bring

1. Gymnastics attire
2. Bathing suit and towel
3. Lunch, snack, water bottles
4. Sun block
5. Running shoes
6. Personal equipment (grips, braces, etc.)

Training Camp Schedule

- 9:00 am—Gymnast Arrival & Morning Warm ups
9:45—10:15—1st Event
10:15—11:00—Cardio/Dance/Conditioning
11:00—11:15—Snack/Break
11:15—12:00—2nd Event
12:00—12:30—Lunch
12:30—1:00—Group Activities
1:00—1:30—3rd Event
1:30—2:00—4th Event
2:00—2:30—Swimming
2:30—2:45—Snack/Break
2:45—3:15—Skills Drills & Thrills
3:15—3:45—Open Gym
3:45—4:00—Clean up & Dismissal

Refund Policy

All payments are refundable before June 15th. After June 15th, refunds are only given in the case of injury or illness upon written notice from the camper's physician.