

When

Dates: August 7 to August 12

Camp Times: 8:15-5:00

Parent Expo: August 12, at 5:30

Team Sleepover and Party: August 12, After the Expo until 8:30 am (For those who do not want to sleepover, pick up time for the party only is 10 pm.)

The Parents Expo

The parents expo on August 12 begins at 5:30 pm.

This is an opportunity for the gymnasts to showcase all the great skills they have worked on all week.

Be sure to bring your cameras!

Sleepover and Party

All Team Camp participants will have the option of attending the Friday Night Sleep Over. A fun packed night with pizza and ice cream sundaes, a dance party, team camp t-shirt decorating, snacks, breakfast, and swimming.

Who?

Boys Level 4 and up are invited to attend.

Although it is not mandatory, we highly encourage everyone to come. It is a great week to focus on skills, drills, conditioning and FUN!.

TEAM TRAINING CAMP 2017

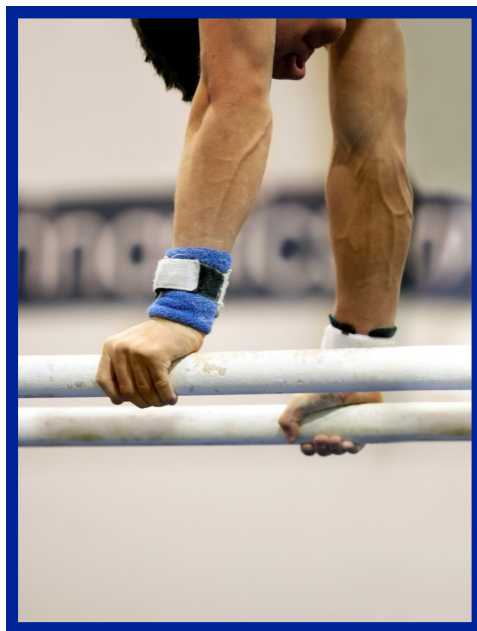
Cost

Team Training Camp: Total cost is \$435

This amount includes camp tuition, Team Camp t-shirt, Team Camp Compression Shirt*, Parents Expo, Team Party/Sleep Over featuring pizza, ice cream sundaes, pool time, dance party and sleepover!

Team Camp Compression Shirt

Sign up for team camp by July 7 and your team camp compression shirt is included! **After July 7, shirts may only be available in limited quantities and sizes.**



BOYS TEAM TRAINING CAMP 2017



**August 7 to
August 12**

Registration Form

Camper Name: _____

Gym: _____

T-shirt Size: _____

Compression Shirt Size: _____

(Registration must be received by July 7 to guarantee compression shirt)

Please check payment option

- Cash or Check for full amount is attached.
- Please charge my credit card in full upon receipt of the camp registration form.
- Payment plan: Please charge my card based on the following payment plan: 50% upon receipt of registration form and 50% June 15.

Registrations received after July 15 must be paid in full.

Signed: _____

Date: _____

Space is limited; Registrations will be taken on a first come first serve basis. In order to guarantee your compression shirt size, we must have your registration by July 7.

Received by: _____

Date: _____

Clip and return to office

WHAT'S HAPPENING AT TEAM TRAINING CAMP?

This will be an intense week of drills, conditioning, flexibility, and hard work. The boys will be separated into groups according to skill level to ensure maximum training time and quality. We will not only concentrate on specific mandatory skills, but will also develop an individual training plan for each gymnast

Although we work hard during Team Training Camp, we also build FUN into the daily Agenda! Team challenges, games, races, and fun time in the pool round out the daily schedule.

Team Camp is also Spirit Week! Theme based contests and activities have been known to spontaneously erupt. Be prepared! (More information will be sent out closer to team camp.)

This years daily themes:

Monday: Surf's Up

Tuesday: Color Wars

Wednesday: Day of Champions

Thursday: Team Theme

Friday: Team Camp Olympics

We look forward to building skills, friendships and memories that last a lifetime!

What to bring

- Sneakers and socks (for running outside)
- Bathing suit and towel
- Healthy Snacks
- Lunch
- Water/Water Bottle

Join us for an amazing week with special guest coaches and clinicians from around Region 6

