

## 2017 Gymnastics Camp at Hamline University

Welcome to the 33rd annual Gymnastics Camp at Hamline University. We offer experienced and professional instructors along with outstanding facilities for very affordable rates. The high number of repeat campers each year speaks for itself. We look forward to seeing you this year! **Check out the 2<sup>nd</sup> page of our brochure for information on our new Flying Trapeze Camp and our High Level and High School Camps!!**

### Who is Gymnastics Camp for?

We encourage all ability levels, from those with no prior gymnastics experience to gymnasts at competitive Level 10. Ages range from six to eighteen. Overnight camp accommodates girls only, going into fourth grade or older.

### A Typical Day at Camp

Overnighters rise by 8 a.m. for breakfast in the brand new Anderson Center. Training begins at 9 a.m. in Walker Fieldhouse. We warm up, split into groups, and rotate to the first three events of the day. We eat lunch in the cafeteria then return to warm ups and stretching. Groups rotate to their last three events for the day. Practice finishes with an hour of supervised open swimming. After the pool, day campers are picked up, while overnighters eat dinner in the cafeteria. Evening activities include videos, open gym, and “fun nights.” Day campers are welcome to return for these evening activities. Lights are out by 10 p.m. Camp finishes Friday of each week with a short exhibition at 4 p.m. in the Walker Fieldhouse. Parents, family, and friends are invited to attend. If you are attending both weeks, please note that no boarding is available over the weekend.

### Day Camps: June 19-23, June 26-30, 2017

\$450/week/camper (deposit of \$75/week due with registration) **Early Drop Off** (add \$15/day)

**Check-In on Monday Morning at 8:00am:** All day campers check in on Monday morning in Walker Fieldhouse. Parents should plan to spend about an hour that morning at the gym.

Early Drop-Off for Day Campers: Parents who pre-register may drop their child off between 7:45 and 8 a.m. for breakfast in the Anderson Center. Cost is \$15 per day for breakfast. Please indicate early drop-off days when you register.

### Overnight Camps: June 18–23, June 25–30, 2017

\$715/week/camper (deposit of \$100 per week due with registration)

Check-In on Sunday Night: All overnight campers check into the residence hall at 6 p.m. on Sunday night.

Accommodations: Overnight campers will stay in a Hamline residence hall. It has secure entrances and campers are supervised by the residential administrators and our own counseling staff. The dorm rooms are double occupancy only! The bathroom and shower facilities offer clean, individual stalls for privacy. The dorms have lounge spaces with TVs and DVD players. Campers are constantly supervised.

### Registration Deadlines

Registration forms, **including the balance of camp fees**, are due by June 1, 2017. Refunds requested in writing on or before June 1, 2017 will be honored, minus a \$20 processing fee. After June 1, all deposits are non-refundable. There will be no refunds after June 10, 2017.

### Camp Staff

Our staff is highly skilled in spotting and teaching both sound fundamentals and high-level skills. They know you come to camp to have fun and learn new skills! Our coaching staff includes instructors from clubs, colleges, and high school programs throughout Minnesota and the United States. The camp is directed by Doug Byrnes, head coach of Hamline University women’s gymnastics team and owner of Spirit Gymnastics, Inc.

### Location

Hamline is located in a residential neighborhood midway between the downtowns of Minneapolis and Saint Paul. For a map or directions, go to [www.hamline.edu](http://www.hamline.edu) and click on “Locations” under Hamline Information.

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**Register online at [spiritgym.com](http://spiritgym.com).** Click on “Spirit Event Calendar” on the left side of the home page. Scroll to the month of June and choose your camp week. Any questions or trouble with registration email [Gretchen@spiritgym.com](mailto:Gretchen@spiritgym.com). We look forward to seeing you at camp!

# **New Flying Trapeze and Aerial Arts Camp!!**

Learn the circus art of flying trapeze at Flying Colors Flying Trapeze Camp! Have fun learning the skill and artistry of circus at an outdoor flying trapeze and aerial rig. Campers who choose this add on option will ride a Minnesota Coaches bus to the beautiful Marine on St Croix location. Box lunch is provided for dinner. Campers will depart Hamline at 3 pm and will have 4 hours of training on aerial equipment including Flying Trapeze, Silks, Web, Lyra, Solo and Triple Trapeze. Minnesota coaches will return campers to the dorm. This add-on option is available to campers in middle and high school only. Campers must be entering 7<sup>th</sup> grade for the 2017-18 school year. Fees below are in addition to day or overnight camp fee. Flying camp is available Monday through Thursday.

1 day Flying Camp - \$90

\*This is an outdoor camp. In the case of inclement weather, camp will be rescheduled to Thursday night, or money will be refunded. The decision to reschedule/cancel will be made the morning of camp in order to not incur fees from Minnesota Coaches.

\*\* Camp requires a minimum of 10 campers and maximum of 30 campers.

\*\*\*Transportation costs are included in the fee and based on 10 campers. These costs will be reduced if we have 20 or more campers.

\*\*\*\*Separate waiver for Embrace Adrenaline Flying Trapeze Club is required for this portion of camp.

Find more information on Flying Colors Circus Camp at [www.mntrapeze.com](http://www.mntrapeze.com)

\*\*\*\*\* Day campers pay an additional \$10 for boxed dinner

## **New High School Mini Camp!!**

### **High School Mini Day Camp**

June 24-25

\$230 for two days of training and one meal each day

Full payment is due with registration.

Gymnastics camp specifically for high school gymnasts and coaches. We will have coaches on staff but gymnasts are welcome to come with their own coach and train with our great camp set up.

### **High School Mini Overnight Camp**

June 24-25

\$310 for two days of training, one night in a Hamline dorm and three meals

\$100 deposit due with registration

Gymnastics camp specifically for high school gymnasts and coaches. We will have coaches on staff, but gymnasts are welcome to come with their own coach and train with our great camp set

## **High Level Training Camp!!**

### **Level 9-10 Day Training Camp**

June 24-25

\$300 for two days of training

\$100 deposit due at registration

Prerequisite: Must have a minimum of one competitive season as a Level 9

Great opportunity for Level 9 & 10 gymnasts to train with college coaches

Check in: Saturday at 12:00pm

Saturday 1:00-8:00pm with a one hour dinner break

Sunday 9:30-5:30pm with a one hour lunch break

### **Level 9-10 Overnight Training Camp**

June 24-25

\$375 for two days of training, one night in a Hamline dorm and three meals

\$100 deposit due at registration

Prerequisite: Must have a minimum of one competitive season as a Level 9

Great opportunity for Level 9 & 10 gymnasts to train with college coaches

Check in: Saturday at 11:00am

Saturday 1:00-8:00pm with a one hour dinner break

Sunday 9:30-5:30pm with breakfast and a one hour lunch break