

2018 Gymnastics Camp at Hamline University

Welcome to the 34th annual Gymnastics Camp at Hamline University. We offer experienced and professional instructors along with outstanding facilities for affordable rates. The high number of repeat campers each year speaks for itself. We look forward to seeing you this year! **Check out the 2nd page of our brochure for information on our High Level Camp recommended for Levels 9-10.**

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 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 18-22, June 25-29, 2018

\$455/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 17–22, June 24–29, 2018

\$720/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, 2018. Refunds requested in writing on or before June 1, 2018 will be honored, minus a \$20 processing fee. After June 1, all deposits are non-refundable. There will be no refunds after June 10, 2018. **A \$20 late fee will be charged on all registrations after June 10th.**

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 and click on "Locations" under Hamline Information.

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Register online at 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. We look forward to seeing you at camp!

High Level Training Camp!!

Weekend Day Training Camp

June 23-24

\$300 for two days of training

\$100 deposit due at registration

Weekend camp geared towards high level gymnastics training and instruction. We recommend this camp to Levels 9, 10 and above.

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

Weekend Overnight Training Camp

June 23-24

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

\$100 deposit due at registration

Weekend camp is geared towards high level gymnastics training and instruction. We recommend this camp to Levels 9, 10 and above. Gymnasts must have completed 7th grade to attend the weekend overnight camp.

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