

2010 Gymnastics Camp at Hamline University

Welcome to the 26th 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!

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 Sorin Residence Hall's cafeteria. 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.

PLEASE: No cell phones

Day Camps: June 13–18 & June 20–25, 2010. Choose one or both weeks

Check-In on Sunday Night: All day campers check in on Sunday night at 7 p.m. in Walker Fieldhouse. The check-in process lasts about an hour, after which day campers are free to go home.

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 Sorin Dining Hall. Cost is \$10 per day for breakfast. Please indicate early drop-off days on the registration form.

Overnight Camps: June 13–18 & June 20–25, 2010. Choose one or both weeks

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 VCRs. Campers are constantly supervised.

Registration Deadlines

Registration forms, including the balance of camp fees, are due by June 1, 2010.

Refunds requested in writing on or before June 1, 2010 will be honored, minus a \$20 processing fee. After June 1, all deposits are non-refundable. There will be no refunds after June 11, 2010.

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.

Contact Info

Camp Director: Doug Byrnes

Gym Phone: 651-523-2383

Cell Phone: 651-206-7796

Email: dbyrnes@hamline.edu

Fax: 651-523-3075

2010 Gymnastics Camp at Hamline University Registration and Health Form

Name _____
Date of Birth _____ Age _____ Grade _____
Address _____ City _____ State _____ Zip _____
Home Phone (_____) _____
Mother's Name _____ Work Phone _____ Cell _____
Email _____
Father's Name _____ Work Phone _____ Cell _____
Email _____
T-Shirt Size (*circle one*) Child: S M L Adult: XS S M L XL Roommate Request (*only one*) _____
Current Gymnastics Level (*circle one*): **Competitive**: H.S. MAGA USAG Level _____ **Recreational** & years of participation _____
Have you attended Hamline Gymnastics Camp before? Yes No If yes, which years? _____

If my child becomes ill & I cannot be reached, please call:

1. Name Phone (_____) _____ 2. Name Phone (_____) _____

Health Insurance _____ Policy Number _____

If my child should need hospitalization, hospital of choice: _____

Please list or explain any immediate health or physical situation we should take special consideration of:
Allergies: _____ Medications: _____

Has your child been knocked unconscious at any time in the last year? _____
If yes, please describe: _____

Please list any major illness or injuries sustained in the last three years:

I consent for Hamline to provide ibuprofen to my child. yes no

Realizing that the activity for which I am making this application involves a certain amount of risk to me/my child, I hereby agree to assume all such risk or loss, damage or injury to the person and property of my child and to release and indemnify Hamline University, Spirit Gymnastics, Inc., and the agents and employees, from any and all claims from such loss, damage or injury sustained by me/my child while engaging in such activity. All campers must be covered by their own medical insurance. I also understand Hamline Camp retains the right to use any photos, videos, or other advertising for any legitimate purpose.

Signed _____ Date _____

Week One—June 13–18, 2010 (please check your desired option)

_____ **Day Camp** \$365/week/camper (deposit of \$75 per week due with registration) **Early Drop Off** (*circle days*) M T W Th F (add \$10/day)

_____ **Overnight Camp** \$490/week/camper (deposit of \$100 per week due with registration)

Week Two—June 20–25, 2010 (please check your desired option)

_____ **Day Camp** \$365/week/camper (deposit of \$75 per week due with registration) **Early Drop Off** (*circle days*) M T W Th F (add \$10/day)

_____ **Overnight Camp** \$490/week/camper (deposit of \$100 per week due with registration)

\$20 Special Discounts: (1) deduct \$20 Enrolled in both weeks (2) deduct \$20 if Sibling of enrolled camper (does not apply to first camper)

\$20 Late Fee: if registering after June 1, 2010

Wk 1 _____ + Wk 2 _____ + Early Drop _____ - Disc(1) _____ - Disc(2) _____ + Late Fee _____ = _____ **Total Due**

Check Payable: **Gymnastics Camp** (total deposit due with registration)

Mail Check and Registration to: **Gymnastics Camp**
Hamline University, MS-A1795
1536 Hewitt Ave.
Saint Paul, MN 55104