



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Hello Parents,

Thank you for registering your gymnast(s) for our 2020 Gymnastics Camp. Camp will run from 9 am-4 pm. We ask you to sign your gymnast(s) in and out each day so we can accurately keep track of what participants we have. If you are going to have someone else, we are not aware of signing your gymnast(s) out please let us know so we can make sure the right person is picking up. Also, make sure whoever picks up your child to have a photo id ready, so we know the right person is picking up your child.

Even though this is a gymnastics camp please know we are still a camp, who places a focus on gymnastics. Though there will be plenty of gymnastics done throughout the day there are other activities planned for the campers each day. We will be swimming each day as well as doing other activities such as arts and crafts as well as some team-building exercises.

To be best prepared for camp I would recommend packing your child with the following items for camp: **A swimsuit and towel, a snack, a bag lunch, socks, and sneakers.** Proper attire to wear for our gymnastics camp is either a **leotard or gym shorts with a t-shirt.** The most important thing is to make sure your child is wearing something comfortable for the day as they will be running and stretching along with gymnastics activities. We want our campers to have the best experience possible. I would strongly discourage packing any electronic items with your child for camp (cell phones are permitted). We want our campers to be active and involved with camp, to not have any electronic distractions will not only benefit our camp staff but I believe it will also benefit your gymnast's camp experience as well.

Below is a tentative schedule for this year's camp:

9:00-Introduction/Icebreaker Game

9:15- Warm-Up

9:30- First Gymnastics Rotation

10:30- Break (snack)

10:45- Second Gymnastics Rotation

11:45- Change for Swimming (**SWIMMING ONLY ON WEDNESDAY**)

Noon- Swimming (**SWIMMING ONLY ON WEDNESDAY**)

1:00- Craft/Games

2:00- Third Gymnastics Rotation

3:00- Fourth Gymnastics Rotation

4:00- Pick-Up

On Wednesday we are going to have the option of your gymnast to have pizza for lunch. All you would then need to pack for your child is a drink and snack for that day. If your gymnast does not want pizza, they can bring a packed lunch. Also, we will be having t-shirt craft day on Thursday. We will provide a t-shirt for your gymnast so you do not have to worry about bringing this item. Just make sure your child is wearing clothes they may not mind getting dirty for the day.

We are excited to be able to have you here for camp and cannot wait for it to start. We hope your child will have a great time at camp and is excited as we are!

Sincerely,

Denzel Davis
Sports & Recreation Director