



CHALK IT UP

JULY
23-24

Gymnastics Competitive Camp
SALINA FAMILY YMCA

Come experience a fun filled camp where many memories and new friendships will be made. Emphasis will be placed on reinforcing basics while using safe progressions to pursue new skills. Training will include all four competitive events, as well as Tumble Trak, the pit, conditioning and strength training. For added fun the campers will participate in a BogaFit class that takes place in our Lap pool. **Campers will need a swimsuit and towel for this event.** Camps will be small so campers will benefit from this experience. Register early as camp space is limited.

ALL CAMPERS MUST BE A COMPETITIVE GYMNAST.

REGISTRATION June 6–July 2

CAMP DATES July 23–24

AGES 4–18 years old (Must be a Competitive Gymnast)

FEES \$100/Members & Non-Members

GYMNASTICS NOTES

- Only enclosed WATER Bottles allowed in the Gymnastics Facility.
- All campers are required to bring their swimming gear and a towel.
- Campers may bring a lunch or parents may drop off a lunch for their gymnast.



Register online at salinaymca.org or in person at the Salina Family YMCA
570 YMCA Dr, Salina, KS 67401 • 785.825.2151
Spots are limited. No Refunds will be given.

Gymnastics Competitive Camp Information

Registration

June 6–July 2

\$100/Members & Non-Members

* Any registrations taken on the day of will include a \$10 late fee.

Gymnast Information

First Name: _____ Last Name: _____ DOB: ____/____/____ Age: _____

Level Competed 2021–2022: _____ Level Competing 2022–2023: _____

Highest Skill Mastered

Vault: _____ Bars: _____

Beam: _____ Floor: _____

Coach Information

Coaches Name: _____ Coaches Phone: _____ Gym Name: _____

Primary Parent/Guardian Information

Name: _____ Phone #: _____

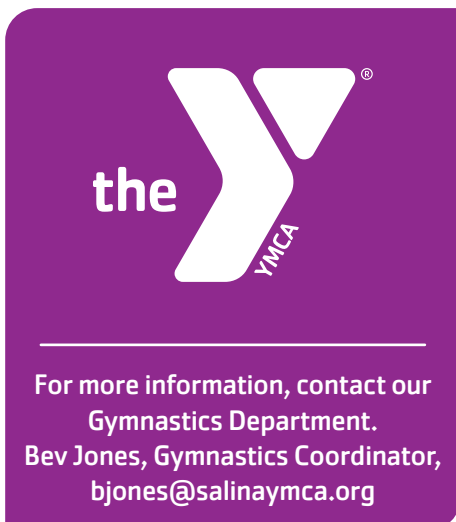
Address: _____

Email (required): _____

INFORMED CONSENT AGREEMENT:

I hereby certify that my child is in normal health and capable of safe participation in this youth sports program. I assume all risks and hazards incidental to the conduct of this program. I support the YMCA youth sports philosophy, which is based on participation, fun, physical fitness, health, skill development, teamwork, fair play, family involvement, and volunteer leadership. I give permission to the Salina Family YMCA to use without limitation or obligation, photographs, film footage, or tape recordings which may include me or my children's image or voice for the purpose of promotion or interpreting YMCA programs. This agreement must be signed to participate in this program.

Signature: _____ Date: _____



CAMP SCHEDULE

Saturday (8:45am– 3:45pm):

8:45–9:00am Check In

9:00–9:15am Stretch (warm up)

9:15am–12:15pm: Event Rotations (vault, bars, beam, floor)

12:15–1:15pm: LUNCH (bring your own)

1:15–2:15pm: Event Rotations (vault, bars, beam, floor)

2:15–3:45pm: BogaFit & Fitness Training
(All campers must bring their own towel & swimsuit for BogaFit)

3:45pm: Departure

Sunday (9:00am–3:15pm):

9:00–9:15am: Stretch (warm up)

9:15am–12:15pm: Event Rotations (vault, bars, beam, floor)

12:15–12:45pm: LUNCH (bring your own)

12:45–2:45pm: Event Rotations (vault, bars, beam, floor)

2:45–3:15pm: Free Time on Skill Work

3:15pm: Departure