

Team Camp Registration Form

Gymnast

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Age: _____ Birthdate: _____

Phone: (_____) _____ - _____

Allergies: _____

Club: _____

Level you need to work on: _____

T-shirt size: (check one)

CS CM CL AS AM AL

Need Before/After care? No Yes

Parents

Name: _____

Work/Cell: (_____) _____ - _____

Name: _____

Work/Cell: (_____) _____ - _____

Emergency Contact

Name: _____

Phone: (_____) _____ - _____

Make checks payable to "St. Louis Spirits" and mail to:
St. Louis Spirits Gymnastics Club
c/o Rod Rogers
12975 Maurer Industrial Drive
St. Louis, MO 63127

St. Louis Spirits Gymnastics Club Facility

Spring Tumbling Floor



Five Sets of Bars (including a single high bar over the pit and a single low bar)



Eight Balance Beams



Two Vaults



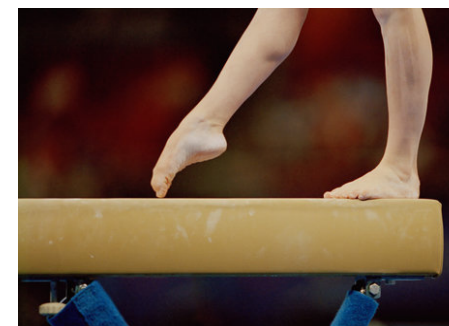
Two In-ground Trampolines, Mini-Tramp
and the always popular...
POWER TRACK!!!



(Updated 1/4/10)

2010 St. Louis Team Gymnastics Camp

June 21-25
(Monday-Friday)



Directed by
Rod Rogers

hosted by:
St. Louis Spirits Gymnastics Club
12975 Maurer Industrial Drive
St. Louis, MO 63127
(314) 843-3322
(314) 843-8844 (fax)
www.SpiritsGym.com

LOCATION

The camp will be held at the St. Louis Spirits Gymnastics Club facility. This is a 10,000 square foot facility in Sunset Hills. The gym is fully AIR CONDITIONED! It has a large in-ground foam pit for vault, tumbling and bars. It has a power track, two in-ground trampolines, 8 beams, 5 bar stations and two vaults.

SKILL LEVELS

Team gymnasts Level 3-10

This includes Spirits Little Cyclone and Pre-Team gymnasts.

Compulsory - In addition to reviewing the correct techniques for the basic profile skills, these gymnasts will work on strengthening their weak areas on all events. Gymnasts remaining at the same level will work on connecting bar skills, correcting text errors and perfecting weak spots. They will also work on some optional skills. Gymnasts hoping to move to the next level will concentrate on the skills needed for that level and will also be allowed to work on some optional skills.

Optional - Gymnasts at the optional levels will perfect basic profile skills as well as work on skills in which they express an interest. The emphasis will be on safety while at the same time pushing them to a higher level of difficulty. The goal will be to get a good start on two new skills on bars, beam and floor as well as one new vault.

AGE LIMITS

There is no specific age limit for camp provided that the athlete is Level 3 or higher. Gymnasts under the age of 7 must be able to keep up with a full day of workouts.

DIRECTOR: Rod Rogers

Rod, owner and director of the Spirits for 30+ years, will both direct and coach at the camp. In the past he has co-directed the UMSL, GFA, Metro and St. Louis Team summer camps. He has also been on the staff of the University of Missouri summer camp. Rod has developed a National Champion, two Elite gymnasts and many State Champions. He served as the USA Region IV Elite Director for five years and was the Meet Director of the 1985 AAU National Championships. Rod has a Bachelor's Degree in Physical Education and a Master's degree in Education. Because of the small size of the camp he will be able to work with every gymnast.

COACHES

Coaches who have gymnasts enrolled in the camp may attend for free.

- SAFETY FIRST
- STRENGTHEN WEAK AREAS
- SMALL PERSONAL CAMP
- COMPLETELY SUPERVISED
- GREAT COACHES
- MOTIVATIONAL



CAMP FACTS

COST - \$285.00 (T-shirt included)

Returning gymnasts receive a \$25.00 discount off tuition. There is a 25% discount for the second gymnast from the same family. The camp is limited to 60 gymnasts. Registration will be on a first come, first served basis. To reserve your spot, mail in your complete registration form and the full amount or a \$150.00 deposit. The entire balance is due by June 1.

Refunds will be given up through June 20, minus a \$15.00 handling fee. After June 20, the \$150.00 deposit will be forfeited unless the spot is filled by another gymnast from the waiting list, in which case only the \$15.00 handling fee will be charged.

COMMUTER ONLY

We can help with hotel and activity arrangements for out-of-town teams.

SCHEDULE: 8:30 AM - 3:30 PM

Early drop-off and late pick-up will be available throughout the week. Please make note if you need this service on your registration form. Participants must bring their own lunch and snacks. Soda, bottled water and snacks may be purchased. There will be a short morning and afternoon break.

RIVERCHASE WATER PARK

We will spend a fun-filled afternoon swimming and water sliding at Riverchase Water park (included in camp price).

OTHER

Other activities will include a picture day, water fight, and camp Olympics. The camp will culminate with a show on Friday afternoon when the gymnasts show off their skills. The campers have a great time every year with these activities.