

Three Rivers Gymnastics

Wahpeton, ND

Girls' 2010 Summer Gymnastics Camp

Thursday, August 19th through
Saturday, August 21st

Camp Cost: \$175

10% discount for each additional sibling.

Tentative Schedule

Thursday, August 19 – 5.5 hrs of gymnastics

12:00-1:00pm Registration
1:00-4:00pm Gymnastics
4:00-6:30pm Open Gym
6:30-7:00pm Supper (gym provides)
7:00-8:30pm Activity

Friday, August 20 – 8.5 hrs of gymnastics

9:00-12:00pm Gymnastics
12:00-1:00pm Lunch (gym provides)
1:00-4:00pm Gymnastics
4:00-6:30pm Open Gym
6:30-7:00pm Supper (gym provides)
7:00-8:30pm Activity

Saturday, August 21 – 6 hrs of gymnastics

9:00-12:00pm Gymnastics
12:00-1:00pm Lunch (gym provides)
1:00-4:00pm Gymnastics

20 hours of gymnastics time available

Registration Form

Gymnast _____

Gymnast's Age _____

Gymnast's Grade in School: _____

Parent/Guardian _____

Address _____

City _____

State _____ Zip _____

Home Phone _____

Work Phone _____

Cell Phone _____

Gymnast's Current Level: (circle one)

High School Varsity High School JV

Pre-Team USAG Level _____

Need Lodging: (circle one) Yes No

Leo Size: (circle one)

Child: S M L Adult: XS S M L XL

To guarantee your participation, please have your registration and full payment in by **August 6, 2010**. After August 6, leos will be mailed. Open to 40 gymnasts; we will accept on a first paid basis.

Make Checks Payable to: TRG

Mail to: Three Rivers Gymnastics
815 4th Ave South, Suite 1
Wahpeton, ND 58075

Call or email with questions:
701-642-3620

patty@threeriversgymnastics.com

Please read this form carefully and beware that in registering yourself or minor child/ward for participation in the program, you will be waiving and releasing all claims for injuries you or your child/ward might sustain arising out of the program. Also, you will be agreeing to promptly pay all fees associated with your child/ward's participation in the program.

I recognize and acknowledge that there are certain risks of physical injury to participate in the program and I agree to assume the full risk of any such injuries, damages or loss regardless of severity which I or my child/ward may sustain as a result of participating in any activity connected or associated with any such program. I waive and relinquish all claims that I, my insurer, or my child/ward may have against Three Rivers Gymnastics and it's officers, agents, servants, and employees from any and all claims from injuries, damages or loss which I or my child/ward may accrue to me or my child/ward on account of my participation or my child/ward in the program.

I have read and fully understand the above details and waiver and release of all claims.

(Parent or Guardian Signature)

(Date)

Staff

Patty Moses

Gym & Camp Director
Head Coach USAG Optionals
Head Coach High School Team
ND State High School Coach of the Year
Three Rivers Gymnastics
Wahpeton, ND

James Bayer

Head Coach
Red River Valley Gymnastics
Grand Forks, ND

Whitney Beck

Team Director
Head Coach USAG Optionals
TNT Kids Fitness & Gymnastics
Fargo, ND

Mike Durante

Team Director
Premier Gymnastics
Omaha, NE

Heidi Fleck

Team Director
Head Coach USAG Optionals
ND USAG Optionals Coach of the Year
American Gold Gymnastics
Fargo, ND

Greg Gulbranson

Asst Coach USAG Optionals
TNT Kids Fitness & Gymnastics
Fargo, ND

Camp Cost: \$175

Included in the cost: Gym Time and Coaching, Camp Leo, Activities, Lunch on Friday and Saturday, Supper on Thursday and Friday (Breakfast is not included)

What to Bring

Leos, shorts, t-shirt, tennis shoes, socks, bathing suit, water shoes, towel, bike or rollerblades, any overnight items

Camp Skill Level

All Levels are welcome. Gymnasts will be grouped according to skill level.
Age Limit: 6 and up (under 6 must call)

Overnight Lodging

Overnight lodging can be arranged at gymnasts' homes. Please note this on the registration form.

Facility and Equipment

Air conditioned 7500 sq ft gym, 40x40
Spring Floor, Tumble strip, Air Floor,
Trampoline, 2 Sets of Uneven Bars, Pit Bar,
Strap Bar, 5 High Beams, 2 Mid-Height
Beams, Floor Beams, Vault, Loose Foam Pit

Activities

Chahinkapa Zoo, Carousel,
Water Play, Movies, Bowling,
Biking / Rollerblading
activities will depend on weather

Host Hotel

Hospitality Inn and Suites
1800 210 Drive, Wahpeton, ND
701-642-5000
Rate: \$69/night

Family Vacation!!

Check out the Wahpeton/Breckenridge Area!
www.rrv.net or www.wahpeton.com



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August 19-21, 2010