

Air Force Gymnastics is Pleased to Present:

Our 11th Annual Summer Girls Team Camp!

Any gymnast is invited to attend camp

Dates and Times for Camp:

Camp will be held From Thursday July 18th – Saturday July 20th 8:30 am until 5 pm each day AND Sunday July 21st 8:30- Noon.

Daily Schedule:

A sample daily camp schedule will be as follows:

8:30-9:00 am Team warm up

9:00-10:00 Vault rotation with Coach Ryan/Nikki & Guest Coach

10:00-11:00 Conditioning rotation with daily conditioning specialist

11:00-12:00 Balance Beam rotation with guest coach & Coach Jen

12:00-12:30 open gym

12:30 -1:00 lunch (not provided)

1:00-2:00 games and stretch for afternoon workout

2:00-3:00 Bar Rotation with Coach Jay & Guest Coach

3:00-4:00 Dance Rotation with Local Dance Specialist

4:00-5:00 Floor rotation with Coach Jenna & Guest Coach

5:00 Pick up

During the course of each day each gymnast will get the opportunity to spend 1 hour long rotations on each of the 4 women's gymnastics events and will also get 1 hour rotations on dance (they will learn a fun choreographed routine) and conditioning. Each hour long rotation will include a 15 minute clinic led by one of our amazing guest coaches on a fundamental skill, concept, or drill needed for success on their event. The remainder of each rotation will be structured workout time.

Our TENTATIVE list of Guest Coaches (subject to change)

Dawnita Teague: Assistant coach at Northern Illinois University

Mary Wise: former National Team Coach and expert choreographer

Jeremy Moiser : Owner of Pegasus Gymnastics in Calgary. Former Tramp and Tumbling Canadian National Team Member and world championship participant. Coach of many Canadian National Champions, as well as our very own, Coach Mackenzie :)

Wendy Bruce Martin: Olympic Bronze Medalist from the Barcelona games in 1992. She is also the owner of Get Psyched: Mental Coaching and is currently instrumental in the coaching and planning for the Swiss National team.

In addition to our great gymnastics experts we will be relying on the help of a local dance expert to create a unique dance routine for our athletes and & we will host a different conditioning specialist each day to give the kids a variety of conditioning workouts throughout the week (i.e. Zumba, Yoga, TRX training etc)

Recreational Activities:

As if all that great gymnastics training wasn't enough, Coach Jenna will serve as our director of fun and will be working to schedule several fun activities to take place during the evening during camp week). These will be great opportunities for the girls to bond and have some summer fun outside of the gym.

This is a camp experience that will give athletes an opportunity to learn new drills, gain confidence on skills, have knowledge from awesome coaches shared with them, & create many fun times & memories!

Cost for Camp:

The cost for camp will be \$435 (Leo, activities included) payable to Air Force Gymnastics (\$100 deposit due at the time of registration, camp balance due by July 6th). Please Bring your own lunch—also please consider when packing your lunch that we do have athletes with very severe nut allergies, so please consider avoiding those items in lunches.

This is a great value when compared to the level of coaching, group sizes and personalization offered at many other camps across the country. Our goal here is provide team athletes with an amazing, unique and high quality training experience to add to summer training and get the '24-'25 season off to an amazing start! We have tried to keep the costs as low as possible while still offering daily training with high caliber guest coaches. All camp recreational activities and a custom Air Force Camp leotard included in the cost of camp.

Enrollment:

We want to limit the coach to gymnast ratios to a 8-10:1 as we would keep in the gym during regular team practice. With 6 rotations going on at one time this caps our enrollment for Camp at 50-60 athletes, so don't delay on signing up.

Enrollment will open on Monday March 18, 2024

When you enroll in camp a \$100 non refundable deposit will be due. The remaining balance for camp must be paid BEFORE the start of camp on July 6thth so that we have funds available to pay our guest coaches and other camp expenses. As usual if you have any questions please let us know! We are happy to help. Please see a sneak peak of this summer's camp leo (free with camp enrollment)!!!

