

ALABAMA COMPULSORY CAMP 2020

June 5th – June 7th, 2020

The top Compulsory Camp in Alabama for over twenty years!



A **three-day** gymnastics mini-camp for Level 3-5 compulsory gymnasts. This is the best opportunity for compulsory gymnasts to learn or improve the compulsory routines. We teach the choreography, the elements, drills and even the deductions the judges will be looking for. Everything your child needs to know to get a head start on the routines this summer! And it's only three days - PERFECT!



Huntsville Gymnastics Center, 3062 Leeman Ferry Road, Huntsville, AL 35801.

This facility is fully air-conditioned, and fully-equipped. We have two full sprung floors (room for everyone to learn routines), space to tumble into loose foam or resi-pit, bars into loose foam or resi-pit, 10 high beams and 7 low beams, 6 bar stations, vault into loose foam and onto resi pit, Tumble-Trak, rod tumbling strip, in-ground trampoline, Air-Trak and Air Mats.



Friday, June 5th – Sunday, June 7th. We will begin each day at **9:00AM** and finish at **5:00PM**, with a two-hour lunch break. We have a full **six** hours of training (not just open workout) each day.



Our staff will be headed by **Tom Koll**, Chair of the J.O. National Committee, who wrote most of the compulsory routines, set the various deductions & taught all the judges! Tom is **the** national expert on Levels 3/4/5. Other coaches include **James Linderholm** - Region 8 TOPS Director for many years, **Meg Hall** - dance instructor & choreographer, **Sarah Behel** - HGC choreographer & former regional J.O. Champion, **Nicole Wall** - international gymnast & University of Nebraska All-American, **Misayo Heacock-Lim**, **Amanda Kerr**, **Caleb Farrington**, **Doug Glenn**, **Minyoung Kwon** & other guest coaches. As always, **all** the camp staff will work with **all** the gymnasts.



This camp is aimed at all compulsory-level gymnasts who plan to compete Level 3, 4 or 5. This will be a short, intense camp and all the gymnasts will receive equal attention from all the coaching staff. Whether your child is new to competition or a seasoned gymnast getting ready for a new level, she will benefit from this camp.



We only take DAY CAMPERS. Gymnasts come with parents or chaperones and stay in local hotels. We have a number of excellent hotels within a few minutes of the gym, and easy access to the mall and to restaurants. Parents will find that there are many things to do in Huntsville during the day while their gymnasts are at camp.



\$350.00 for Gymnasts & \$50.00 for Coaches. This is about half what you would pay at any other camp. We always fill up, so don't delay! A deposit of \$100 is due upon registration, with the balance due by May 1st. Late payments will incur a \$25 late fee. Refunds (less a \$25 charge) will be paid up to April 1st. Refunds after April 1st will be paid less a \$100 charge. No refunds after May 25th. Please mail the Registration Application, a copy of the child's Medical Insurance & a check payable to "HGC" to Huntsville Gymnastics Center at 3062 Leeman Ferry Road, Huntsville, AL 35801.



One coach free with every 10 gymnasts from the same club. Also, there is an **Early-Bird Discount** of \$25 for campers who pay in full by April 1st (payment in full must be RECEIVED by April 1st).



Please call 256-883-0566 for any additional information or email us at huntsvillegym@comcast.net Also check for camp updates on www.hsvgymnastics.com

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REGISTRATION APPLICATION

Gymnast's Name:	Date of Birth:	Age:
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USAG Number:

Mother:	Father:
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Telephone Numbers	Home:	Work:	Cell:
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Email Address (<i>very important!!</i>):

Street Address	City	State	Zip
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Gym Club and Coach's Name:	Will coach attend? (must register also)
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Please list any medical conditions and all injuries, including recurring or severe sprains, etc. Please also attach a full copy (both sides) of the gymnast's medical insurance to this application.

What competitive level will the gymnast be working on at camp? Ask coach if necessary. Is she "new" to this level or "old" (done it before)? Circle as appropriate: 3 4 5 Old or New	Is the gymnast a lefty or a righty? This refers to the way she does cartwheels/leaps etc. If not sure, ask her - she will know! Circle as appropriate: Lefty or Righty
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MEDICAL TREATMENT RELEASE, RELEASE FROM LIABILITY, INDEMNIFICATION

I hereby authorize the camp staff to act for me according to their best judgment in any emergency requiring medical attention, including transport to medical facilities, and specifically consent for my daughter to be treated by a private physician and/or hospital for any illness or injury. I further agree that I will pay for all costs arising from such treatment. I authorize the release of all medical records to the staff of HGC. I am aware of the risk of injury that may result from participation in gymnastics and other activities at the camp. I understand that participation in gymnastics involves motion, rotation and height in a unique environment, and as such carries with it the risk of serious injury or death. I have discussed the risks with my daughter, voluntarily consent to my daughter's participation, and assume the responsibility and risk such consent entails. I hereby waive and release HGC and its staff and the camp coaches from any and all liability for injury or illnesses incurred while at camp or being transported by camp staff and agree to indemnify them for all claims.

Parent/Guardian(s):	Date:
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Office use only:

Received:	Confirmed:
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