

ALABAMA COMPULSORY CAMP 2023

Friday, June 2nd – Sunday, June 4th

The top Compulsory Camp in Alabama for over 25 years!

WHAT?

A three day gymnastics mini-camp for Level 3, 4, & 5 gymnasts. This is the best opportunity for compulsory gymnasts to learn the skills + 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 their routines this summer! And it's only 3 days - PERFECT!

WHERE?

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 with room for everyone to learn routines, space to tumble into loose foam or resi-pit, bars into loose foam or resi-pit, 7 high beams + 6 low beams, 6 bar stations, vault into loose foam and onto resi pit, TumbleTrak, rod floor tumbling strip, in-ground trampoline, Air-Trak, Air Mats and plenty of skill cushions.

WHEN?

We are training Friday through Sunday this year: **June 2nd – June 4th**. We will begin each day at **9:00AM** and finish at **5:00PM**, with a generous two-hour lunch break. We will have a full **six** hours of training each day.

WHO?

Our staff will be headed by **Tom Koll** - National Development Program Chairman for USA Gymnastics. He has been one of the authors of the USA Gymnastics' national compulsory routines since 1997. 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 Smith** - HGC choreographer & former regional DP Champion, **Nicole Wall** - International gymnast & University of Nebraska All-American, **Misayo Heacock-Lim, Minyoung Kwon** - former Assistant Head Coach for the University of Iowa & alternate to the Korean Olympic team for the 1996 Atlanta Games, as well as other guest coaches. As always, **ALL** of our camp staff will work with **ALL** of the gymnasts.

FOR WHOM?

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.

WHAT ELSE?

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, plus easy access to shopping and restaurants. Parents will find that there are many things to do in Huntsville during the day while their gymnasts are at camp.

HOW MUCH?

\$400 per Gymnast, \$100 per Coach: We always fill up, so don't delay! Please pay in full upon registration. If your circumstances change and you are unable to attend camp, a credit will be issued for the 2024 Alabama Compulsory Camp. (This credit can be transferred to a teammate.) 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. You can also pay by credit/debit card by calling the main office at 256.883.0566.

DISCOUNTS?

One coach free with every 10 gymnasts from the same club!

QUESTIONS?

Please call 256-883-0566 for any additional information or email us at hsvgymteam@gmail.com
Also check for camp updates on our website: www.hsvgymnastics.com

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REGISTRATION APPLICATION

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

Parent/Guardian:	Parent/Guardian:
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Telephone numbers:	Home	Work	Cell
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Email address (<i>very important!!</i>):
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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. Circle as appropriate: 3 4 5	Is the gymnast a Lefty or a Righty? This refers to the way she does leaps, turns, 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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