

CHAMPION GYMNASTICS USA SUMMER CAMP



June 25-30, 2006
*For competitive gymnasts
Levels 5-Elite*

AT CHAMPION GYMNASTICS
Every Child is a CHAMPION!

Champion Gymnastics USA's Summer Camp provides excellent gymnastics instruction in a safe, positive, and fun atmosphere.

Camp is a week filled with hard work, new skills, education, fun activities, new friends, and team camaraderie.

Lunch is provided each day by Champion Gymnastics. Organized evening activities give gymnasts and staff a chance to relax and have some fun!

*Sign up today for an
unforgettable and
affordable week at camp!*

DAILY SCHEDULE

8:30 AM	Morning Session
11:30 AM	Lunch (Provided)
12:30 PM	Clinic
1:30 PM	Afternoon Session
4:30 PM	Rest/Dinner
6:45 PM	Evening Activity

Each day provides six hours of gymnastics instruction on vault, uneven bars, beam, tumbling, and dance.

Evening activities provide time for fun, relaxation, and making new friends!

Times are subject to change.

DAILY CLINICS

Daily clinics are designed to educate gymnasts on all aspects of competitive gymnastics. Experts will discuss topics such as:

- Nutrition
- Conquering fear & mental blocks
- Goal setting
- Judging



2424 Van Ommen Drive
Holland, MI 49424
Phone 616-399-5608
Fax 616-399-4614
champgymusa@aol.com

www.championgymnasticsusa.com

STAFF

Each of our incredibly talented staff members is USAG Safety Certified and dedicated to making each gymnast's camp experience beneficial and FUN. Our staff will include current Champion Gymnastics competitive team coaches, along with guest club and NCAA coaches including:

Steve Wilce

*Head Women's Coach
Eastern Michigan University*

George Young

*Head Coach, Owner
Mid-Michigan Gymnastics*

Tami Jacobs

*Head Coach
Champion Gymnastics USA*

Champion Gymnastics Staff

Sheila Lundstrom

Brian Thompson

Joy Love

Bonnie Buis

Missy Thompson

Anna Thompson

WHERE TO STAY

Host Families - \$100:

Many of our Champion Gymnastics families have offered to host out-of-town campers. Host families will provide transportation to and from camp and scheduled activities and breakfast and dinner each day. Please call us for additional information.

Campers not staying with Champion Gymnastics host families are responsible for their own transportation, breakfast, and dinner.

Hotels:

Best Western
2888 W. Shore Drive
Holland, MI 49424
800-444-6835

Fairfield Inn
2854 W. Shore Drive
Holland, MI 49424
800-346-8357

Campgrounds:

Holland State Park
2215 Ottawa Beach Road
Holland, MI 49424
800-44-PARKS

Dutch Treat Campground & Rec. Area
10300 Gordon Street
Zeeland, MI 49464
616-772-4303

For a complete list of accommodations and activities in Holland, please visit www.holland.org.

CAMP FEES

\$225.00 - This fee covers gymnastics instruction, all scheduled camp activities, and lunch provided by Champion Gymnastics.

Camp enrollment forms are available on our website at

www.championgymnasticsusa.com

Please mail a \$100 non-refundable deposit to:

Champion Gymnastics USA
2424 Van Ommen Drive
Holland, MI 49424

**MAKE CHECK PAYABLE TO:
CHAMPION GYMNASTICS USA**

Balance is due June 1, 2006. Payments received after this date may be charged a late fee.

ADDITIONAL INFO

If you have any questions or would like additional information about our camp, please call us at 616-399-5608 or email us at champgymusa@aol.com.

Welcome to Michigan's West Coast

Bring the whole family and enjoy Michigan's beautiful West Coast! Rolling dunes, charming villages, the delightful surprise of a true Dutch windmill, and a giant roller coaster. And within a half hour's drive, the downtown pleasures of a grand city.

There are wooded parks, dune-filled parks, sandy beaches, and Michigan Adventure amusement park. There are world-class golf courses, quiet fishing streams and miles of bike paths.

***Come for gymnastics camp,
stay for vacation!***

