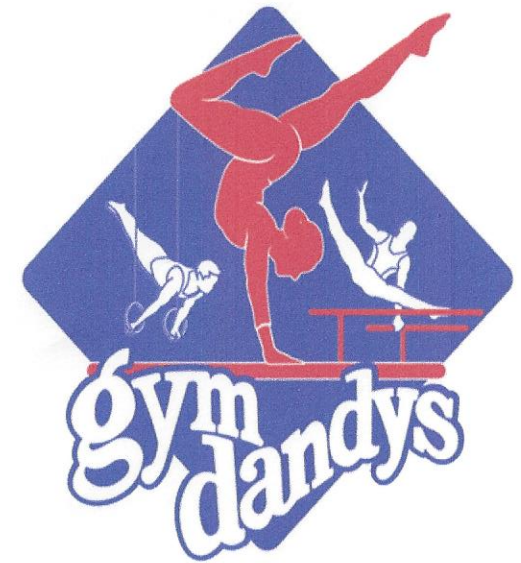


Meadow Lands Gymnastics
Training Center
345 Meadowlands Blvd.
Washington, PA 15301



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345 Meadowlands Blvd.
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724-745-5558 www.gymdandys.com



"2012 PA USAG CLUB OF THE YEAR"

SUMMER GYMNASTICS CAMP FOR THE
SERIOUS FEMALE GYMNAST

BY THE ORGANIZATION THAT TRAINS
ONE OF THE NATION'S LEADING TEAMS

CAMP WEEKS

July 11-15, 2016 Monday—Friday
July 18-21, 2016 Monday-Thursday
July 25-29, 2016 Monday-Friday

FOR THE SERIOUS FEMALE GYMNAST

Unlike many other Summer sports training camps, Gym Dandys Gymnastics Training Camp is designed for the serious female gymnast who is determined to improve her skills through a full week of dedicated work with coaches and instructors. It is aimed at the Advanced, Intermediate, and Beginner gymnasts who have a sincere desire to progress.

Instruction will include training in physical fitness methods to build strength and endurance; coaching and developing the correct execution of the USAG Compulsory exercise; and composition, coaching and developing Optional skills on all four Olympic events, according to the gymnast's individual stage of development and physical capabilities.

Two training sessions are held each day; with formalized coaching and instruction each session, and supervised "open" workout the end of each day.

Enrollment in Gym Dandys Summer Training Camp naturally must be limited; therefore, applications are accepted solely on a first-come-first-serve basis.

Camp is for commuters only.

Camp time is as follows:

Week 1

July 11-14 8:30 AM-4:30 PM

July 15 8:30 AM-12:00 PM

Week 2

Monday-Wednesday, July 18-20 8:00 AM-5:00 PM

Thursday, July 21 8:00 AM-4:30 PM

Week 3

July 25-28 8:30 AM-4:30 PM

July 29 8:30 AM-12:00 PM

Gymnasts will bring their own lunch.

Camp Fee

\$325.00 per person

**All campers who attend two weeks
or more will receive 10% discount
each additional week**

APPLICATION

(PLEASE PRINT CLEARLY)

Name _____ DOB _____

Address _____

City _____ State _____ Zip _____

Telephone () _____

E-mail: _____

T-Shirt Size _____ (CM, CL, AS, AM)

Please enroll me for the week(s) of:

_____ July 11-15

_____ July 18-21

_____ July 25-29

Deadline To Guarantee A Spot Is May 15!

Present skill level (Level completed in 2015-2016)

_____ HIGH SCHOOL/WPIAL

_____ Level 3 _____ Level 7

_____ Level 4 _____ Level 8

_____ Level 5 _____ Level 9

_____ Level 6 _____ Level 10

_____ Xcel (Indicate level)

Team/School _____

Coach _____

Parent _____

SIGNATURE

a \$50.00 NON-REFUNDABLE deposit must accompany this application for each week. Balance of fees due on or before registration. Make checks payable to Meadow Lands Gymnastics Training Center and mail to:

345 Meadowlands Blvd.

Washington, PA 15301