



Power & Grace Gymnastics Summer Camp '08

July 11-13, 2008

Three days of gymnastics with some of the best coaches in the region! Don't miss this opportunity to improve your gymnastics skill while having a great time!

All skill levels are welcome—beginning through advanced! Campers must be 8 years old.



Training Schedule Summer Camp '08

Friday—1:00-7:30pm - dinner provided

Saturday—9:00-4:30 followed by an evening of fun! Breakfast, lunch and evening activity provided by Power & Grace.

Sunday-9:00-3:00 Breakfast and lunch provided



... about our training facility

Loose foam training pit
9 full length beams (high & low)
Largest spring floor in the Midwest
3 full sets of bars plus a strap bar
40' Tumble Trak
Fully air-conditioned facility

... about our staff

Dennis Champoux - Camp Director, Owner and Head coach of Power & Grace Gymnastics. Over 20 years of experience.
Sith Hansana-Head Coach of Minnesota Flyers-Detroit Lakes, MN
Emmy Cotton- O'Gorman Head Coach, Team staff at Power & Grace
Jesse Krause-Roosevelt Asst. Coach
Chris Munce, Katie Lebahn, Christa Larson, and Robin Larson



Total Camp Cost is \$180

All Registrations are Due NO LATER than July 2.

A deposit of \$25 must accompany registration form and is non-refundable.

Balance is due on or before July 2.

Please notify the gym if you will be needing housing, and we will assist in making arrangements.

Camp packet which will include medical form, release and waiver forms, and specific camp information will be mailed to those registered in early June.

Summer Camp Registration Form

Name _____
Address _____
City _____ State _____ Zip _____
Telephone _____
Age (as of camp dates) _____ Birthdate _____

Payment Information

Payment Amount \$ _____

Please make checks payable to Power & Grace Gymnastics

If you would prefer to pay with a credit card, we accept both MasterCard and Visa. Please list your card information here, and include your signature.

Visa _____ MasterCard _____

Number

Expiration Date

Security Code

Signature

Send Registration to:
Power & Grace Gymnastics
1908 Jennifer Pl
Sioux Falls, SD 57107

Contact Information

Father's Name _____

Mother's Name _____

Home Phone _____

Cell Phone (Father) _____

Cell Phone (Mother) _____

Work Phone _____

Other number _____

Email Address: _____

Gymnastics Experience

Recreational : Beginner Intermediate

Advanced

Competitive Club: USAG Level _____

High School: JV Varsity Grade _____

Gymnast T-Shirt Size

CS CM CL AS AM AL

Power & Grace Gymnastics

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