



Power & Grace Gymnastics Summer Camp 2010

July 16-18, 2010

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 2010

Friday—3:00-7:30pm - snack 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.
Emmy Cotton— O'Gorman Head Coach, Team staff at Power & Grace
James & JJ Bayer - Red River Gymnastics
Chris Munce, Christa Larson, and Robin Larson



Camp Costs

Registration with deposit Postmarked before June 1st - **\$185.00**

Registration with deposit Postmarked between June 2nd and July 2nd - **\$195.00**

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.
(there will be an additional fee for housing)*

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

Summer Camp Registration Form

July 17-19, 2009

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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