

Olympic Dreams Gymnastics Camp

4403 Logan Way, Youngstown, Oh 44505

(330)759-1916



Mini-Camp 1: June 16-17-18, 2016

Mini-Camp 2: Aug 8-9-10, 2016

Camp Cost \$210/Camp

Two Mini Camps

We used to offer one 5-day team camp and it was great! Really. The coaches looked forward to the camps all year and at the end of camp, (after a weekend of recovery) they talked for a good month about how good the camp was and how many improvements each gymnast made. When planning for the year, our staff always debated on the best time to have camp.

Early in the summer meant a great kickoff to our summer season. We could develop stronger basics, lay the groundwork for new skills, and even master some new skills we have been practicing. Later in the season meant tons of new skills. Coaches could have most of the summer doing drills and lead ups to catching a new release mover or build up the strength and timing to learn a kip. Then the intensity of camp was just the right formula for putting everything together.

We didn't want to have two full weeks of camp because it would take up too much of our summer resources and our parents' resources too. So the battle continued...some years we had an early camp, others we went later.

A handful of years ago, during lunch at a camp no less, our coaches discussed how mid-week at a 5-day camp was really hard on the gymnasts (and coaches too). We decided on making Wednesday a light training day by bringing everyone to a movie. Success! Thursday and Friday were much more productive and the gymnasts had a blast.

Then in one of our coaches' meetings, we discussed just doing two mini camps to allow for both an early and late season camp while eliminating the need for a recovery time mid-week. We tried it and it seems to be the best of all worlds. Three days seems to be intense enough to get the most out of each day without frying anyone out - oh sure, they will sleep well each night, but the days will be very productive.

•We know that finances are an issue with many of our families and we hope that a mini-camp may be more financially feasible for some. As always, we don't ever want the decision to attend camp to be based solely on finances. By having two mini-camps, our costs will actually increase due to the travel costs of our outside staff. Still, if finances are the only obstacle standing in the way of coming to camp, please see Gary. We can work something out.

We would obviously like you to attend both camps, but if that is not possible, we recommend you choose the first camp because it will cement a positive direction for the rest of the summer.

A Note to Compulsory Gymnasts

Some parents that are new to our program overlook camp as just an extra. We feel that it is a very important part of training. Due to its intensity, your child will learn a great deal in a short period of time. I've heard in the past, "My daughter doesn't need to learn those higher level skills because they cannot use the skills for a year or more." Well, this is a misconception. I know from personal experience that when I work with compulsory gymnasts, I work heavily on the basics...good technique as well as form. But I also work on drills and skills that are as many as a few years away. By teaching them the higher level skills or starting that learning process, they always have an easier time picking the skills up at the time needed. If you are new and are not sure of the benefits of camp, ask an optional parent...or better yet, ask an optional gymnast!

What to Bring Daily

Snacks, extra leotards, socks and running shoes, deodorant, money for concessions, wrist/ankle weights, swimsuit and towel.

ODG Parents Club will supply lunch each day for the gymnasts and coaches. Menu to be determined at a later date.

Example of our Daily Schedule

8:00-8:30	Stretch, Warm, Up & Basics
8:30-11:45	Individual Events in 45 minute
11:45-	Warm Down
12:00-2:00	Lunch, Swimming, Games...
2:00-2:15	Stretch
2:15-3:50	Individual Events in 40 minute
3:50-4:45	Open Workout
4:45-5:00	Cool Down

Events may include: Vault, Uneven Bars, Balance Beam, Floor Exercise, Tumbling, Trampoline, & Tumble Track.

Participants

You will be placed in a group which stresses skills that will safely challenge you within the limits of your individual abilities. Camp is designed for our own Olympic Dreams students, but out-of-towners are welcome. You must be at least on a training team meeting a minimum of 4 hours a week to participate. Our highest level gymnasts generally include level 10 JO National participants and occasionally an elite or two.

What to expect

Training Teams...Here is an opportunity for the intermediate gymnast to experience gymnastics training at its best. Skills will be broken down into the smallest parts, mastered, and then put back together to accomplish amazing things.

Compulsory Gymnasts...Will work on the progressions and drills to help their routines as well as many optional skills to facilitate advancement.

Optional Gymnasts...Will be exposed to a variety of skills and drills that will assist in developing a stronger routine for the next competitive season.

Each event is set up for skills and drills progressing in difficulty. The purpose is to ensure that participants learn all the necessary skills and are ready to move to the next skill level safely and successfully. Colleges offer a half a year class one summer using increased hours in an accelerated method of education. The intensity and focus of this camp is like having a semester of gymnastics training wrapped into a week!

Camp Activity

We will take our campers swimming daily - weather permitting. Every child is responsible for finding their own transportation to and from swimming daily. We will help coordinate parents to transport in order to help parents who cannot drive their own child. If you can drive, please let Dawn or our office staff know.

Housing

Out-of-towners who need boarding: We can assist in arrangements for you to stay with one of our families. Please let us know if you will need housing.

Leotard/Shirt

We will be offering a free leotard (shirt for boys) if you attend both camps. You must put down a non-refundable deposit of \$35 (cost applied to the camp) for the second camp by May 31, 2016 so we can order it in time.

Those who plan on attending one camp may purchase the leotard (girls)/shirt (boys) for \$35/\$25 (orders must be received by May 31st). The leotard/t-shirt will be used for the camp picture.

After May 31st the cost will increase to \$45/\$35 to cover administrative costs and the cost of individual shipping

(Please print and return with deposit by Wednesday, May 31st, 2016)

Camper's Name _____ Age _____ Leotard/T-Shirt Size _____
Street Address _____ City _____ State _____ Zip _____
Mother's Name _____ Daytime # _____
Father's Name _____ Daytime # _____
Name of Gym Regularly Attending if not ODG _____
Last Year's Competitor Level _____

I will attend:	First camp_____	Second camp_____	Both Camps_____
Leo/T-Shirt (optional circle to purchase)	Leo \$35 T-shirt \$25	Leo \$35 T-shirt \$25	Free

3 Day Camp Cost \$210/camp

\$35 Non-Refundable Deposit due for each camp at time of enrollment, that's a Total of \$70 if attending both. Remaining Balance due by first day of camp!

-- Waiver of Liability

I hereby authorize the staff at Olympic Dreams Gymnastics to act for me according to their best judgment in any emergency requiring medical attention, and I hereby waive and release the Camp from any and all liability for any injuries or illnesses incurred while at the Camp. I understand that participation in gymnastics and all other camp activities involves motion, rotation, and height in a unique environment and as such carries with it the risk of injury. I understand that it is my responsibility to drive my child to and from swimming. Should Olympic Dreams arrange for a ride, it will be for my sole benefit.

I hereby waive and release the Camp as well as the driver from any and all liability for any injuries or illnesses incurred while transporting my child. The Camp is not responsible for personal items that are lost, stolen, or damaged. All medical expenses incurred will be the responsibility of the camper or the camper's family. In lieu of medical certificate signed by a medical doctor, I have no knowledge of any physical or mental impairment that would be affected by the named camper's participation in the camp program, as outlined in the camp brochure, which I have read. Should I ever bring suit against Olympic Dreams or any of its staff or camp clinicians, or contractors and lose, I agree to pay all court and reasonable attorney fees used to defend the case. I also understand the Camp retains the right to use any photographs, videotapes, motion picture recordings, or any other record of this event for publicity, advertising, or any legitimate purpose.

Parent or Guardian's Signature Date

Olympic Dreams Gymnastics, 4403 Logan Way, Youngstown, OH 44505, (330)759-1916