

## 2018 Application Form

### Personal Information

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_  
(Home) \_\_\_\_\_

(Cell) \_\_\_\_\_

Email: \_\_\_\_\_

DOB: \_\_\_\_\_ Graduation Year: \_\_\_\_\_

### Camp Choice (select one)

- Camp I: June 24-28 2018 (All Ages)
- Camp II: July 15-19 2018 (All Ages)
- Camp III: July 22-26 (7<sup>th</sup> - High School Age)

### Select one of the following camping options:

- Commuter \$325.00
- Residential \$485.00

Roommate preference: \_\_\_\_\_

### Emergency Information

Emergency Contact: \_\_\_\_\_

Phone: \_\_\_\_\_

### Payment Information

Residential Camper: \$485.00

Commuter with Lunch: \$325.00

Payment: (Select One)  Cash  Check  Credit Card

By Credit card go to: [Gustiegymnasticscamps.com](http://Gustiegymnasticscamps.com)

Mail Payment to: Gustavus Gymnastics  
Athletics-Lund Center  
800 W. College Ave.  
St. Peter, MN 56082

**Make check payable to: Gustavus Adolphus College**

**Memo line: Gymnastics Camp**

Shirt Size: (Select one) Y=Youth, A=Adult

YS  YM  YL  AS  AM  AL  AXL

**\*\*Register by June 10<sup>th</sup> to Guarantee T-Shirt**

## Daily Schedule

### Sunday

2:00 - 3:00 PM Check In  
4:00 Practice  
5:30 PM Dinner  
7:00 PM Practice Ends

### Monday - Wednesday

8:00 AM Breakfast  
9:00 AM Morning Practice - 2 events  
12:00 PM Lunch  
1:30 PM Afternoon Practice - 2 events, open gym  
5:30 PM Dinner  
7:00 PM Evening camp activities

### Thursday

8:00 AM Breakfast, Pack  
9:00 AM Morning Practice  
11:00AM Open Gym (Parents Welcome to Watch)

### Daily Activities:

Evening Camp Activities include scavenger hunt, dive (dance) night, bonfire, movie night, free swim, and more!

### Meals: (For residential Campers)

Sunday: Dinner

Monday - Wednesday: Breakfast, Lunch, & Dinner

Thursday: Breakfast

*The Gustavus Dining service will prepare all meals and be served in the Evelyn Young Dining Center. To accommodate all, please contact us regarding special dietary restrictions.*



# Gustavus Adolphus College

St. Peter, Minnesota

# Gymnastics Summer Camp 2018

**FOR GIRLS AGES 9-18**



**Camp I: June 24-28 2018 (all ages)**

**Camp I: July 15-19 2018 (all ages)**

**Camp II: July 22-26 2018 (H.S. age)**



## Coaching Staff

### Head Coach: Aryn DeGrood



Aryn Bell, second year head gymnastics coach at Gustavus, led the program to a successful 2016 season. A 2009 Gustavus graduate and four-year member of the gymnastics team, Bell started as an assistant coach two years ago and has since taken over the reigns as the sixth head coach in the program's history.

During her four years at Gustavus, Bell was a member of both the gymnastics and track & field teams. As a gymnast, she earned four letters and was a key contributor on the vault, uneven parallel bars, and floor exercise. She competed in the vault at the NCGA Championships in 2008 and 2009 and was named a NCGA All-Academic honoree her senior season. On the track, Aryn excelled in the 100-meter high hurdles and earned a total of four all-conference honors over her career.

### 2016-2017 Gustavus Adolphus College Gymnastics Team



Our coaching staff is comprised of the area's finest coaches and student-athletes who will provide outstanding instruction to gymnasts of all performance levels.

## Camp Philosophy

The Gustavus Gymnastics Camp is designed for the beginner to experienced gymnast. Our goal is to prepare our campers for competition through teaching proper techniques, technical instruction, and fostering new skill development in a fun, positive atmosphere. Exploring new skills and progressions, as well as broadening and improving existing ones will be at the core of the camp curriculum.

## Facility and Equipment

The Sponberg Gymnastics Studio features a six foot deep safety pit for learning and refining new skills.



*Cancellations: Before June 1<sup>st</sup> or July 1<sup>st</sup>, 2018 full camp credit will be issued to you for any reason if you cancel your registration. After June 1<sup>st</sup> or July 1<sup>st</sup>, a \$100 administration fee will be charged to all registrants who will be withdrawing from the camp.*

## Questions/Concerns?

Aryn DeGrood, Camp Director  
abell5@gustavus.edu  
763-607-7328

# Gustavus Gymnastics Camp

## Insurance Disclaimer

I, the undersigned, hereby certify that I am at least 18 years of age or if under 18, a parent or legal guardian of applicant. I hereby grant permission to the applicant to attend Gustavus Gymnastics Camp and to be treated by a licensed physician or a member of the schools training staff in the event of any injury, accident, or illness during the camp. The undersigned applicant (parent/guardian if under 18 years of age) understands that they will be engaging in physical activity during camp that contains inherent risk of physical injury. I, the undersigned, for myself, my heirs, executors, and administrators, waive, release, and forever discharge Gustavus Adolphus College and its staff, officers, agents, employees, representatives, successors, and assigns from any and all liability, claims, demands, actions, and causes of action whatsoever arising out of related to any loss, personal injury, or property damage that may be sustained or occur during participation in camp activities while at camp.

Additionally, I authorize Gustavus Adolphus College to take and use photos, and/or other likenesses of my child or the child for whom I have legal guardianship.

### Acceptance of Disclaimer

Parent/Guardian Signature (If under 18)

X \_\_\_\_\_

Date: \_\_\_\_\_