

## 2015 Application Form

### Personal Information

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

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

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

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

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

### Camp Choice (circle one)

Camp I-July 19-23 13 & up

Camp II- July 26-30 All Ages

(Circle one): Commuter/Residential

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

### Emergency Information

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

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

Residential Camper: \$475

Commuter with Lunch: \$325

### Payment Information

Payment: (Circle One) Cash Check

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

Mail 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: (Circle one) Y=Youth A=Adult

YS YM YL AS AM AL AXL

**Register by June 15<sup>th</sup> to Guarantee T-Shirt**

## Daily Schedule

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: scavenger hunt, dive night, bonfire, free swim, etc.

The Gustavus Dining service will prepare all meals and be served in the Evelyn Young Dining Center. Please contact us regarding special dietary restrictions.



Cancellations: Before July 1<sup>st</sup>, 2015 full camp credit will be issued to you for any reason if you cancel your registration. After July 1<sup>st</sup>, a \$100 administration fee will be charged to all registrants who will be withdrawing from the camp.



Gustavus  
Adolphus College  
**Gymnastics**  
**2015**  
**Summer Camp**

Girls, Ages 9-17  
*Located in St. Peter, Mn*

**Camp I-July 19-23 13 & up**  
**Camp II- July 26-30 All Ages**

Questions? Contact Aryn Bell  
[abell@gustavus.edu](mailto:abell@gustavus.edu)

Head Coach and Camp Director:

**Aryn Bell**



Head gymnastics coach at Gustavus, in her first year, led the program to a successful 2015 season. A 2009 Gustavus graduate and four-year member of the gymnastics team, Bell served as an assistant coach at her alma mater for the past year and will now take over the reigns as the sixth head coach in the program's history. She takes over for Charlie Aydt, who coached the team during the 2013-14

season.

A native of Eden Prairie, Minnesota, Bell is a 2005 graduate of Eden Prairie High, School where she was a two-sport athlete competing in gymnastics and track & field.

While 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.

## Sponberg Gymnastics Studio



7000 square feet with 18 foot ceiling; 2000 square foot spring floor. The facility features a six foot deep safety pit for learning and refining new skills.

## Camp Philosophy

The Gustavus Gymnastics Camp is designed for the beginner to elite 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. Our coaching staff is comprised of the area's finest coaches and student-athletes who will provide outstanding instruction to gymnasts of every performance level.

### Check In:

Sunday, July 19<sup>th</sup> 2015:2:00-3:30 PM

OR

Sunday, July 26<sup>th</sup> 2015:2:00-3:30 PM

### Check Out:

Thursday, July 23<sup>rd</sup> 2015: 12:00 PM

OR

Thursday, July 30<sup>th</sup> 2015: 12:00 PM

**Daily Activities:** Morning and afternoon sessions with free swim and camp activities in the evening.

**Meals:** (For residential Campers)

Sunday: Dinner

Monday-Wednesday: Breakfast, Lunch, & Dinner

Thursday: Breakfast

**What to Bring:**

Clothing appropriate for gymnastics, sneakers, swimsuit, bedding, fan, water bottle

## Questions/Concerns?

Aryn Bell, Camp Director

abell5@gustavus.edu

## Gustavus Adolphus College

### 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)

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