

# 2022 GUSTIE GYMNASTICS CAMP



**June 19-23rd, June 26-30th, July 10-14th, July 17-21**

## Application

## Camp Choice

## Payment

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

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

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

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

DOB: \_\_\_\_\_

Age: \_\_\_\_\_

T-Shirt: \_\_\_\_\_

Camp #1: Jun 19-23  
(all ages)

Camp #2: Jun 26-30  
(all ages)

Camp #3: July 10-14  
(all ages)

Camp #4: July 17-21  
(9th to 12th grade)

Circle One:  
Residential \$500  
Commuter \$375  
Roommate Request: \_\_\_\_\_

(Both campers must  
request each other)

Circle One: Cash Check

To pay by credit card go to:  
[gusitegymnasticscamps.com](http://gusitegymnasticscamps.com)

Mail to:

Gustavus Gymnastics  
800 W. College Ave  
Saint Peter, MN 56082

Camp Leotard:  
additional \$50  
Size: \_\_\_\_\_

Register by **April 15th** for  
leo (add. cost) **OR** Register  
by **May 15th** for Free T-  
shirt to guarantee size



# 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 the applicant. I hereby grant permission to the applicant to attend the Gustavus Gymnastics Camp and to be treated by a licensed physician or 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 the camp that contains inherent risk of physical injury. I, undersigned, for myself, my heirs, executors and administrators, wave, release, and forever discharge Gustavus Adolphus College and Gustavus Gymnastics and its staff, officers, agents, employees, representatives, successors, and assigns from any and all liability, claims, demands, actions, and causes of action whatsoever rising out of or related to any loss, personal injury, or property damage that may be sustained or occur during participation in camp activities while at camp. **(PLEASE PROVIDE A COPY OF YOUR CHILD'S INSURANCE).**

\_\_\_\_\_  
Parent/Guardian Signature.      Date.      Emergency Contact.      Emergency Phone Number.      Medical Conditions/Allergies.

## Sample Camp Schedule:

Sunday:

2-3:30pm Check-In

4-7pm Practice

Dinner in the middle

Monday- Wednesday:

7:30 Breakfast

9am-12pm Practice

LUNCH BREAK

1:30-4:30pm Practice

4:30-5:30pm Open Gym

7:30pm Evening Activity

Thursday:

7:30 Breakfast

9am-11am Practice

11am-12pm Open Gym

(Open to Parents)

12pm Campers Released  
to Parents

**ARYN DEGROOD**

### Head Coach & Camp Director

Coach DeGrood is in her 8th year at the helm of the Gustavus Gymnastics Program. A 2009 alum, DeGrood has coached the team to own 9 of the top 10 team scores, a National Champion, 11 All-Americans, 2 WCGA Region Athletes of the Year and was the WIAC Coach of the Year in 2017.



## 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.