

2016 Eden Prairie High School Gymnastics Day Camp



Who: Girls & Boys, Ages 4-12
Cost: \$40.00
When: **Saturday, December 3rd 2016**
Time: Session 1 9:00 am - 12:00 pm (Drop off & Registration at 8:45 am)
Session 2 1:00 pm - 4:00 pm (Drop off & Registration at 12:45 pm)
Location: **Eden Prairie High School** (Student Activities Center/Small Gym)

Attire: Leotards or shorts & t-shirt. Please no baggy clothing, socks, shoes or jewelry.
Hair Pulled back out of face.

Agenda: Each group will experience the schedule of an EPHS gymnast- start with stretching, Vault, Bars, Beam, Floor as well as our new Tumble Track! We will end the camp with some light strength training and games.

Attendees will be trained by the EPHS Coaches and Varsity Gymnasts, allowing for one-on-one instruction on each event! Your child will be placed in a group with similar skills; no experience is required to participate!

Every gymnast will receive a healthy snack & get free entry ticket to an Eagles Gymnastics Home Meet! This is a fundraiser to support our growing program; all proceeds go to new equipment and gym support. *Space for each session is first come first serve. You may register at the door IF space is available in that session.*

NEW: Drop off at the East Entrance (off of Co Rd 4) Door #13. NOT STUDENT ACTIVITIES If you are pre-registered you may do a quick drop off in the circle in the designated area. Gymnasts & parent volunteers will escort your child to their group. You still need to come to the gym to collect your child afterwards.

For more information please contact: Kirsten Lindsay, Head Coach at ephsgymnastics@gmail.com To learn more about our team and program please visit our website at edenprairiegymnastics.weebly.com. Eden Prairie Gymnastics thanks you for your support!

Registration ends December 1st. Late Registration is \$45.00 Please do not mail your registration after the Nov 28th due to lag time in the mail, please email the coach for registration and bring payment to the camp.

Registration Form: Please tear off & mail registration form along with check payable to **EPHS Gymnastics** to: Student Activities Gymnastics Attn: Kirsten Lindsay, 17185 Valley View Rd, Eden Prairie, MN 55346

Athlete's Name: _____ **Session (circle):** One 9:00-12:00 Two 1:00-4:00

Parent/Guardian Name: _____ Phone Number: _____

Email Address: _____

Age: _____ Gymnastics Experience: _____

Food Allergies: _____

Quick Drop Off: (circle): Yes No