

Important Michigan Gymnastics Camp Information:

- ❑ After registration on Sunday we will do a skills testing for all the campers to determine which groups to place the athletes in. Our groups are based on skill level, as our experience has shown that campers are able to get the greatest benefit from this type of placement. Therefore, we will not be able to move campers between groups for any other reason.
- ❑ Please have campers bring a bag to store their clothes and shoes in during practice so we do not have those items loose lying around the gym.
- ❑ Bev will welcome the campers prior to testing, and discuss the gym rules and introduce the staff at that time.
- ❑ Dinner on Sunday night will be served at the gym after skills testing.
- ❑ Sunday night will be an open gym session to allow the campers to familiarize themselves with the gym and the equipment.
- ❑ All sessions are technically open for viewing, however space for watching will be extremely limited (for liability reasons we cannot have parents in the gym during training), and in the past we have found that having parents there can be distracting to the campers as well.
- ❑ Commuter campers will need to be signed out anytime they are leaving camp. Please remember to bring a photo ID in when you come to pick up your daughter so we can verify your identification.
- ❑ Gymnasts will need to bring any athletic tape or other supplies needed to participate in practice.
- ❑ Monday morning will be the first session with the girls in their designated groups.
- ❑ Breakfast (for resident campers) will be at the residence hall cafeteria.
- ❑ Lunch each day will be catered to the gym.
- ❑ Dinner each day will be at the Hometown Buffet.
- ❑ Absolutely no food or drinks (except **water** in a covered plastic water bottle) will be allowed in the gym.
- ❑ Each day the gymnasts will have rotations on Vault, Uneven Bars, Balance Beam, Floor Exercise, Strength and Flexibility, and Dance.
- ❑ Evening sessions will be open gym to allow the gymnasts to work on the events they feel they would like to spend more time on. We will also have a movie playing during the evening session for those who would like to watch that instead.
- ❑ Tuesday afternoon, we will be taking the campers swimming so please be sure they have a swimsuit for that afternoon. We'll be leaving right after lunch and going directly to dinner from the pool. We will return to the gym in time for the evening session.
- ❑ Thursday morning at 11:00 am the campers will be demonstrating the dances they learned at camp. For logistical reasons, campers will not be able to demonstrate any other skills or events at this time. When they are done, commuter campers may leave with their parents, and resident campers will need to be taken by their parents to clean out their room and check out of the residence hall before returning home.
- ❑ Phone Numbers during camp:
 - Camp Directors Office (734) 647-1259
 - Camp Directors Cell Phone (734) 355-3917
 - West Quad Residence Hall Front Desk (734) 764-0185
- ❑ Tentative Daily Schedule (Please check final schedule at registration):

Sunday: 11:00-12:30pm Overnight Reg.	(M,T,W): 9:00am-11:45am Session 1	Thursday: 9:00am-11:00am Session 1
1:30pm-2:30pm Commuter Reg.	11:45am-1:30pm Lunch and Rest	11:00am-11:30am Show
2:30pm-5:00pm Skills Testing	1:30pm-4:15pm Session 2	11:30am Camp Ends
5:00pm Dinner at the Gym	4:15pm-5:45pm Dinner	
6:00pm-7:30pm Open Gym	5:45pm-7:30pm Session 3	