

MICHIGAN CAMP INFORMATION

CAMP INFORMATION

REGISTRATION: Campers will register on Sundays at the Donald R. Shepherd Gymnastics Center (2300 South State Street) (see *Registration Information below*)

LIVING ACCOMMODATIONS: The University of Michigan residence halls will be the home of the Michigan gymnastics camp this summer. ALL FACILITIES WILL BE SUPERVISED BY CAMP STAFF, DAY AND NIGHT. A confirmation letter will inform you of which residence hall we will be staying in. A list of rules and regulations should be downloaded ahead of time to review and sign.

FOOD: We will be having breakfast in our residence hall cafeteria, but lunch will be catered to the gym. In addition, we will transport the campers to the Hometown Buffet for dinner. An exceptional menu with a wide assortment of foods will be served with unlimited servings are sure to satisfy the pickiest of appetites. Our food service begins with dinner on Sunday evening at the gym.

WHAT TO BRING: Campers should bring all hygiene items, sheets, blankets, towels, pillow, pillow case, alarm clock, fan, plenty of leotards, swimsuit, T-shirts, shorts and any grips or tape needed for workouts.

FACILITIES

All our camp sessions are held at the **Donald R. Shepherd Gymnastics Center**, home of the University of Michigan women's gymnastics team. The facility is located at 2300 South State Street. This 22,000-square-foot, state-of-the-art facility features free foam and Resi-Pits at each event, plus a Rod Floor and Tumble Track for the highest level of safety.

REGISTRATION INFORMATION

Donald R. Shepherd Gymnastics Center
(2300 South State Street)

Session #1Sunday, June 18th
Overnight Campers: 11:00 a.m. to 12:30 p.m.
Commuter Campers: 1:30 p.m. to 2:30 p.m.

Session #2Sunday, June 25th
Overnight Campers: 11:00 a.m. to 12:30 p.m.
Commuter Campers: 1:30 p.m. to 2:30 p.m.

INSURANCE

Each camper will be covered by the Sports Camp insurance as secondary coverage. Parents health insurance is still the primary coverage in the event of an injury.

CAMP DATES

Session 1: June 18 - 22
Session 2: June 25 - 29

TYPICAL SCHEDULE

SUNDAY

11:00 a.m. - 12:30 p.m. Registration for overnight campers	1:30 - 4:15 p.m. Practice Session II*
1:30 - 2:30 p.m. Registration for commuter campers	4:15 p.m. Load bus for dinner
2:30 - 5:00 p.m. Skills testing for group assignment will take place at the Gym.	4:30 - 5:30 p.m. Dinner at Hometown Buffet
5:00 p.m. Dinner will be provided at the Gym	5:30 p.m. Return on bus to the Gym
6:00 - 7:30 p.m. Session #1	5:45 - 7:30 p.m. Session III/Open gym
7:30 p.m. Overnight campers return to residence hall and commuter campers picked up at Gym.	7:30 p.m. Return to residence hall or commuter campers picked up from the Gym

WEEKDAY

7:00 a.m. Wake up	THURSDAY
7:00 - 8:05 a.m. Breakfast at residence hall	7:00 - 11:00 a.m. Normal Weekday Schedule
8:20 a.m. Leave for Gym	11:00 a.m. Show for parents
9:00 a.m. - 11:45 a.m. Practice Session I	11:30 a.m. Camp ends - Parents take campers from the Gym to check out of residence hall
11:45 a.m. - 12:45 p.m. Lunch (catered to Gym)	<i>* Daily schedules may vary; Check for updates at camp registration.</i>
12:45 - 1:30 p.m. Rest time	

HEALTH AND SAFETY

Each camper must download and fill out a Medical, Health Insurance, Emergency Information, and Release form to be signed by a parent or guardian stating she is in good health. Any illness or injury will be handled by the Michigan Gymnastics Camp Athletic Trainers.

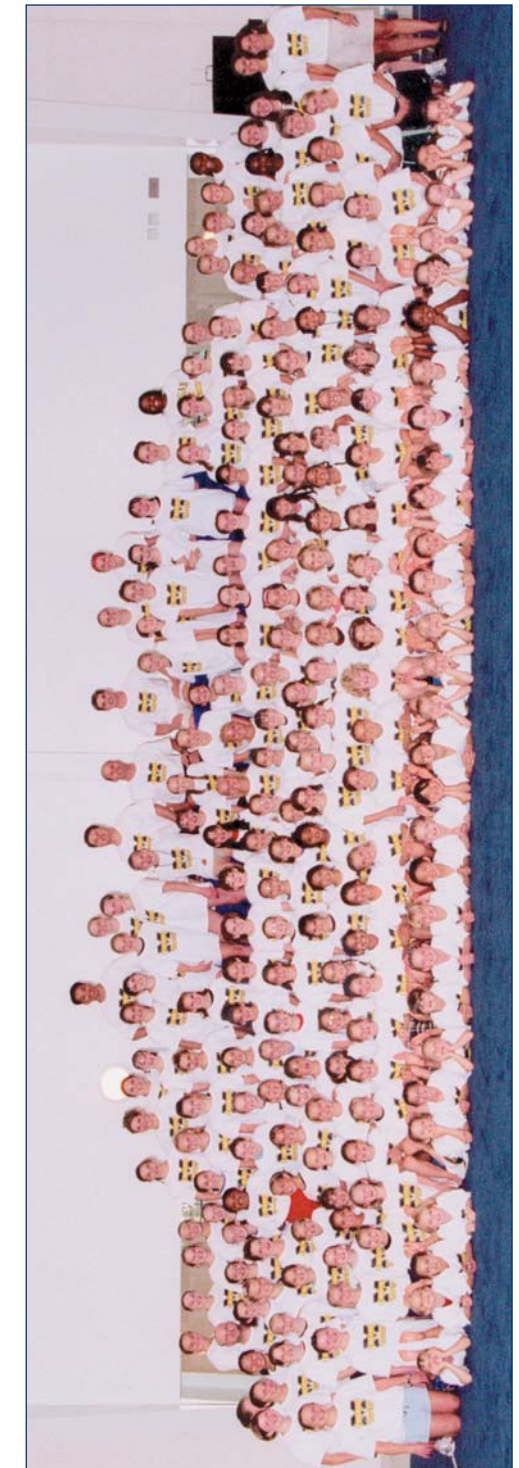
AGES

Overnight Campers: 10 and up (Must be 10 before start of camp)
Commuter Campers: 7 and up

Michigan Gymnastics Camp
c/o Bev Plocki
1000 S. State St.
Ann Arbor, MI 48109-2201



HOME OF THE
MICHIGAN WOLVERINES
14-TIME BIG TEN
CHAMPIONS



2006 UNIVERSITY OF MICHIGAN WOMEN'S GYMNASTICS CAMP

Session 1: June 18 - 22 Session 2: June 25 - 29



CAMP APPLICATION

Name _____

Address _____

City _____ State _____ Zip _____

Home Phone _____

Parent's Work Phone _____

Age _____ Birthdate _____ Grade just finished _____

E-mail address _____

*(Confirmation letter and any updates will be sent to this e-mail address)

Camp Session: June 18 - 22 June 25 - 29

Check One: Overnight Camper Commuter Camper

Roommate Requested (one only)

Deposit Amount \$ _____ Check # _____
(\$200.00 Minimum Deposit)

Make checks payable to and send to:

Michigan Women's Gymnastics Camp
c/o Bev Plocki
1000 S. State Street
Ann Arbor, MI 48109-2201

If you would like a Camp T-Shirt, check below (\$6.00 charge)

The size you order is what you will receive at registration.

Youth Large Small Medium Large

Have you attended Michigan Gymnastics Camp before?

(Circle One) Yes No

Where did you hear about us?

What gym are you from?

CAMP FEES

A \$200.00 deposit is due with application

\$525.00- Overnight Camper

This fee covers instruction, all meals, lodging and transportation. T-shirt not included (\$6 additional charge)

\$415.00 - Commuter Camper

Fee covers instruction, lunch and dinner. T-shirt \$6 extra.

*It is permissible to limit participants only by number and age, not by skill level.

CAMP DISCOUNTS

1. If any club registers together (in the same envelope) and has 10 or more campers, each camper will receive a \$10.00 discount.
2. Family discount for any siblings that register together will receive \$10.00 off second sibling.
3. Any camper that registers for two consecutive weeks will receive \$10.00 off second week.

** Only one discount per camper may be applied.*

PAYMENT POLICY

- Before May 1, 2006, personal checks will be accepted as payment for all camp fees. A \$200.00 deposit is due when you submit your application form. The remainder of your balance is due May 1, 2006, or a \$25.00 late fee will be added to the balance.
- After May 1, 2006, applications will still be accepted but must be submitted **with total session fee in the form of a money order, certified check or traveler's checks** (Do not send cash or personal checks).
- Please note that all fees must be paid in U.S. currency, money order, traveler's checks (or personal check before May 1, 2006) drawn upon a U.S. bank located on U.S. soil. There is a charge of \$20.00 on each returned check.

REFUND POLICY

- Anytime before May 1, 2006, upon written notice of cancellation, application deposit less \$25.00 processing charge is refundable.
- After May 1, 2006, \$100.00 of the application deposit is non-refundable.
- Cancellations must be received in writing by June 1, 2006, in order to receive a full refund less \$100.00 of the application deposit.
- **There will be no refunds after June 1 for any reason.**

CAMP STORE

The Camp Store will have official U-M gymnastics apparel, leotards, posters, snacks and drinks available for all campers.

WHAT TO EXPECT FROM CAMP

University of Michigan Head Coach Bev Plocki and the Michigan Women's Gymnastics staff will be present during each session. Emphasis will be placed on individual instruction in all four apparatus as well as dance, strength and flexibility. We aim to ensure individualized attention and safety for each camper.

Daily instruction for each camper will include an opportunity to learn new skills using the latest in gymnastics training methods and equipment. Our state of the art new facility includes: three Vault stations, multiple Bar stations with a channel bar, multiple Balance Beam stations, Floor Exercise area with additional tumbling strip, rod floor, and tumble track. Each event utilizes an extensive pit system with both free foam and resi-pits.

It is the intent of the entire University of Michigan Women's Gymnastics Staff to provide each camper with the best possible atmosphere in which to learn and sharpen their gymnastics skills. With a staff of outstanding coaches, the Michigan Gymnastics Camp will be a tremendous experience for all involved. Please join us!

THE CAMP STAFF

The highly-skilled coaching staff includes private club and college coaches who coach all levels from beginner to elite, as well as our very own University of Michigan gymnasts. A qualified athletic trainer is also on site at all times.

Due to a limited enrollment, it is suggested that gymnasts interested in attending should register and reserve a space as soon as possible.

RULES AND REGULATIONS

All campers must abide by the Rules and Regulations of the Michigan Summer Sports Camps. Campers are required to attend all sessions and activities. Any serious violations will result in immediate dismissal from camp without refund.

The Michigan Gymnastics Camp brochure and all forms needed for registration can be accessed on the Internet through the following URL:

<http://www.umgym.com/facilities/camp.html>

Please Remember: Enclose application deposit of \$200.00 per camper for application processing, designate Overnight or Commuter Camper, and mail to:

Michigan Women's Gymnastics Camp
c/o Bev Plocki
1000 S. State St.
Ann Arbor, MI 48109-2201

THE ULTIMATE CAMP EXPERIENCE



A MESSAGE FROM COACH PLOCKI

The Michigan Gymnastics Camp is committed to enhancing the skills of dedicated gymnasts. Our coaching staff is one of the best and is well trained in all areas of gymnastics. Safety is our number one concern. The camp achieves athletic excellence by focusing on the needs of each gymnast. We look forward to another great summer at the Camp of Champions.

Bev Plocki, Camp Director