

# TWU GYMNASTICS INSTRUCTIONAL CAMP

## JUNE 13 - 17, 2022

### PRICE:

\$630 – RESIDENT (GIRLS AGES 8+)- Residents will have 2 person rooms in campus housing

\$530– COMMUTER (GIRLS AGES 6+)- Commuters will be dropped off and picked up from camp each day

***\*\*Please note that age requirements must be met by the first day of camp.***

### All competitive levels welcome!

This instructional camp is open to both resident and commuter campers. Our camp is geared towards competitive gymnasts of all levels and features small group sizes to facilitate focused, intense and personalized training. The camp curriculum features two daily workouts (on each of the three full days of camp) totaling approximately six hours a day. The workouts are designed for systematic progression according to individual ability. Campers spend the morning and afternoon sessions participating in workouts in the TWU Gymnastics Practice Facility. Event instruction includes vault, bars, beam, floor and dance instruction in a formal dance studio.

Each camper will receive a camp t-shirt and a TWU Gymnastics lanyard. **Commemorative camp leotards may be purchased online by PRE-ORDER ONLY (not required.)**

Please fill in the appropriate section of the registration form to get your apparel! **ALL APPAREL ORDERS MUST BE RECEIVED NO LATER THAN MAY 2ND TO GUARANTEE BY FIRST DAY OF CAMP.** Once apparel has been ordered, sizes may NOT be changed and orders may not be cancelled or refunded.

### EQUIPMENT AVAILABLE:

Vault: Variations vault stations including loose foam

Bars: One full set of bars over competition matting, a full set of bars over resi pit, a single rail station over loose foam, strap bar and other drill stations.

Beam: Four competition style beams. Dismount areas that include resi pit and competition surfaces. Plus low beams.

Floor: Full-size competition floor, tumble strip onto resi pit landing, plus tumble track onto resi pit landing.

PAYMENT: The full camp fee is due when you register. Camp registrations will be accepted until the camp has reached capacity (125 campers).

REFUND POLICY: Your camp fee (less a \$50 non-refundable fee) will be refunded up to Friday, June 3rd. Any cancellations on June 4th or after will not receive a refund. **The refund policy does not apply to leotards which are not refundable at any time.**

ENROLLMENT: Maximum enrollment for this camp is 125 campers. Register early!

CHECK-IN: Monday, June 13, resident campers should arrive between 3 p.m. and 5 p.m. and commuter campers should arrive between 4 p.m. and 5 p.m. Your confirmation email will tell you where to check in.

CHECK-OUT: The camp awards presentation is scheduled for 12:00 p.m. on Friday, June 17, in Kitty Magee Arena, located inside Pioneer Hall. Check-out from the dorms will take place immediately following the presentation of awards.

LOCATION: The TWU Gymnastics Instructional Camp is held on the campus of Texas Woman's University in Denton, Texas, just 35 miles north of the Dallas/Fort Worth metroplex.

**RECREATION:** Camp activities in the evening could include movie night, talent night, swimming in the TWU pool, or other supervised recreational opportunities.

**WHAT TO BRING:** Plenty of workout clothes, toiletry items, and a swimsuit. Resident campers must provide their own towels, pillow, and twin bed sheets/blanket or sleeping bag. Additional details about what to bring will be distributed to all campers upon registration.

**HOUSING:** Resident campers are housed two to a room (NO 3 PERSON ROOMS AVAILABLE) in university residence halls and are supervised by camp counselors (ratio minimum 10:1).

**MEDICAL INFORMATION:** A certified athletic trainer will be on site during all training sessions to treat camp participants as needed. There will be a medical information form that can be completed by a parent or guardian, which will be emailed prior to camp. **PROOF OF INSURANCE IS REQUIRED.**

### **SAMPLE DAILY SCHEDULE**

#### **Monday Schedule**

3-5 pm Check-in for Residents  
4-5 pm Check-in for Commuters  
5:15 pm Dinner for all campers  
6 - 8 pm Ice breakers / testing  
8 pm Commuter pick-up & residents return to dorms

#### **Tuesday - Thursday Schedule**

8:30 - 9:00 am Drop-off campers at DGL  
9 am - 12 pm Morning Training  
12 - 1 pm Lunch at TWU Dining Hall  
1:00 - 4:30 pm Afternoon Training time  
4:30 pm Commuter pick-up  
4:30 - 8:00 pm Dinner & Evening activities

#### **Friday Schedule**

8:15 am Breakfast for residents  
9 am - 12 pm Morning Training  
12 - 1 pm Final Show, Awards & Goodbyes 1:00 pm  
Camper checkout/Camp ends

Per NCAA rules, sport camps and clinics conducted by Texas Woman's University are open to all entrants. Enrollment is limited only by age, grade level, gender, and capacity restrictions as specified by each camp.

Register online at [TWUATHLETICS.COM/CAMPS](http://TWUATHLETICS.COM/CAMPS)

