



# SUMMER CAMP 2018

Come & train with gymnasts & coaches from all over New Zealand!

## SENIOR CAMP

15-18 January, 2018

- WAG - Step 8 / Sub Jnr & over
- MAG - Level 7 & over
- Tramp - 10yrs+

• \$215pp (includes 4 x days training, sleep over, workshops, BBQ lunch with guest motivational speaker (TBC), training singlet)



## JUNIOR CAMP

22-24 January, 2018

- WAG Step 4-7
- MAG Level 4-6
- Tumble - 9+ years

• \$175pp (includes 3 x days training, sleep over, workshops, BBQ lunch with guest motivational speaker (TBC), training singlet)

## new! YOUTH CAMP

24-26 January, 2018

- WAG Step 1-3
- MAG Level 1-3
- Tramp & Tumble - 8 under years

• \$145pp (includes 3 x days training, workshops, BBQ lunch with guest motivational speaker (TBC), training singlet)

MAG + WAG + Tramp <sup>new!</sup> + Tumble <sup>new!</sup>  
+ World & Olympic level Coaches +  
amazing facility + movie night + BBQ +  
training singlet + making new friends +  
workshops! It's gonna be amazing!

# Jump into it!

# REGISTRATION

## Personal Details

Athlete \_\_\_\_\_

Club \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Age \_\_\_\_\_

MAG / WAG / TRA / TUM \_\_\_\_\_ Level / Age group (2018) \_\_\_\_\_

Food Allergies / Considerations \_\_\_\_\_

Personal coach attending Y / N

SINGLET SIZE (please circle) Child XS S M L Adult S M L

## Medical Consent

In the unlikely event of an injury, or illness occurring while the gymnast (listed at the top of this form) is participating in gymnastics at Tri Star Gymnastics, we will make every effort to contact the emergency contact (below) as soon as possible. By signing this form you authorise the Club and Staff to administer such first aid as it considers necessary. I have read and consent to the above.

Athlete / Parent Signature (if U16) \_\_\_\_\_

Emergency contact name \_\_\_\_\_ Signature \_\_\_\_\_ Date \_\_\_\_\_

## Select your Summer Camp

**SENIOR CAMP \$215 (MAG / WAG) - TRA \$200 due to fewer training hours.** \$ \_\_\_\_\_  
(19 hrs training, workshops, BBQ, motivational speaker, training singlet, sleepover)

**SENIOR CAMP STAY OVER OPTION \$465 (Tramp \$450)** \$ \_\_\_\_\_  
(includes above + 3 nights accommodation at the gym + breakfast, lunch & dinner)

**JUNIOR CAMP \$175 (MAG / WAG / TUM)** \$ \_\_\_\_\_  
(12 hrs training, workshops, BBQ, motivational speaker, training singlet, sleepover)

**YOUTH CAMP \$145 (MAG / WAG / TRA / TUM)** \$ \_\_\_\_\_  
(8 hrs training, workshops, BBQ, motivational speaker, training singlet)

**SUMMER CAMP GEAR BAG \$10** # \_\_\_\_\_ \$ \_\_\_\_\_

**EXTRA PARENTS / CHILDREN TO JOIN US FOR BBQ & GUEST SPEAKER \$10pp** # \_\_\_\_\_ \$ \_\_\_\_\_

**TOTAL SUMMER CAMP PAYMENT** \$ \_\_\_\_\_

All payments can be made to Tri Star ASB **12 30430221616 02**. Reference 'SC'.

# INFORMATION

## Location

Tri Star Gymnastics is located at 55 Arundel St, Mt Roskill, Auckland. Our facility is located in Keith Hay Park which is a popular recreational park for soccer, swimming, cricket kids playgrounds and of course gymnastics.

## Nutrition

Please send your athlete with a drink bottle & food for breaks so we don't have anyone keel over from lack of fuel! We allow athletes to have snacks during training sessions (such as a quick bite of a muesli bar or banana).

## Burgers

Make sure to communicate clearly any special dietary requirements you may have in the food allergies section of registration. We can whip up some yummy vege burgers if that is your preference but we just need to know in advance.

## Injuries

It is normal in gymnastics to be carrying injuries of varying degrees but don't let that stop you from attending Summer Camp! Simply communicate your specific injury considerations to your coach and they will modify / alter the exercises to meet your needs. Please don't suffer in silence!

## Stay Over Option

For those senior camp athletes staying over, please note that this is back packer style accommodation with mattresses / crash pads in the gym as your choice of 'bed'.

Please remember to bring ...

- Sleeping Bag
- Pillowcase (& pillow if you prefer your own).
- Usual toiletries & towel for shower (we have good, private shower facilities at the club).
- Personal Entertainment, (personal devices are encouraged but we will ask them to be put away at lights out!) We will have movies available also.
- some money for entry to the pool complex next door as you will have time in the mornings to visit.
- Please remember to fill out the food allergies section of registration so we can make sure to cater to your needs.
- N.b. Stay over athletes will have their shared meal contribution provided for them.

## Sleep Over / Shared meal - Senior & Junior Camps

Remember to bring ...

- Sleeping Bag
- Pillowcase (& pillow if you prefer your own).
- Usual toiletries & towel for shower (we have good, private shower facilities at the club).
- Teddy bear ;0)
- Movie snacks

When we group the athletes at the start of the camp we will indicate the type of plate that group will be asked to bring to shared meal (e.g. salad, carbs, meat dish, dessert) so we don't end up with 10 bowls of mac cheese!

## Gear bag sneak peek!

Go on, you know you want one ...

