

## LEVEL 4-5 CAMP COACHES

### GENERAL INFORMATION

The Gym Bin's Level 4-5 Gymnastics Camp will be held Monday, June 20 through Thurs., June 23, 2011 from 9:00 a.m. to 4:00 p.m.

### CAMP COST

The cost for the Gym Bin Level 4-5 camp is \$150.00. There is a \$25.00 discount for active BGC members who are enrolled by **MAY 14th**.

### CAMP FOCUS

- **Routine work**—a chance to learn the routines for a new level or perfect your routines
- **Basic skill work**—time will be spent on learning and perfecting the skills of the gymnast's level
- **Advanced skill work**—skills needed for progressing to the next level will be introduced and practiced.

### LUNCHTIME-SNACKS

Lunch hour will be from 12:00-1:00 and meals **will not** be provided by the camp. Gymnasts are encouraged to bring a sack lunch since there are no restaurants close to the gym. Gymnasts must stay in the Gym Bin for lunch unless a parent comes to pick them up or provides a note to go with another parent. There will be snack time both in the morning and afternoon and gymnasts must bring their own snack.

### BETTY HAUKEBO

Betty has been the head gymnastics coach for the Park Rapids High School team. She is very well known and highly respected as a coach through-out the state of Minnesota. She is also a qualified gymnastics judge. She has done camps for us for several years. She will be at the camp part time

### ERICKA PICKETT

Ericka has been an Aerials coach at the Gym Bin since 2002. In 2003 she became the head optional level coach and has served in that capacity since that time. She has worked on increasing her coaching knowledge as the gymnasts' levels have increased.

### MIKAYLA SIMON

Mikayla is the main Level 4 & 5 coach for the Bemidji Aerials and will be our main routine coach for the camp. She will be coming to camp having had special training in the Level 4-5 routines.

Depending on the number of gymnasts enrolled other coaches may join the group as well.

## APPLICATION FORM

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Parent of Guardian

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Name of Gymnast

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Address

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City

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State

Zip

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Phone (Home)

(Work)

### COST OF THE CAMP---\$150.00

Registration **before MAY 21st** reduces the cost to only \$125.00 for **ACTIVE BGC members**.

**A Non-refundable deposit of \$25.00 is required with registration.** This will hold your spot in the camp.

*The balance is to be paid on the first day of camp.*

\$\_\_\_\_\_ Payment Enclosed

Make checks payable to GYM BIN

Mail to: Gym Bin  
928 Washington Ave  
Bemidji, MN 56601

For more information or questions call Mary Allen at 218-444-3547