

MICHIGAN CAMP INFORMATION

CAMP INFORMATION

CHECK-IN: Campers will check-in on Sundays at the Donald R. Shepherd Gymnastics Center (2300 South State Street) (*see CHECK-IN TIMES 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, and 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, sun screen, plenty of leotards, swimsuit, T-shirts, shorts and any grips or tape needed for workouts.

FACILITIES

All our camp sessions are held at the newly air conditioned 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.

CHECK IN TIMES

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

Session #1 . . . Sunday, June 17th

Overnight Campers: 11:00 a.m. to 12:30 p.m.
Commuter Campers: 1:30 p.m. to 2:30 p.m.

Session #2 . . . Sunday, June 24th

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 17 - 21

Session 2: June 24 - 28

TYPICAL SCHEDULE

SUNDAY

11:00 a.m. - 12:30 p.m.

Registration for overnight campers

1:30 - 2:30 p.m.

Registration for commuter campers

2:30 - 5:00 p.m.

Skills testing for group assignment will take place at the Gym.

5:00 p.m.

Dinner will be provided at the Gym

6:00 - 7:30 p.m.

Session #1

7:30 p.m.

Overnight campers return to residence hall and commuter campers picked up at Gym.

1:30 - 4:15 p.m.

Practice Session II*

4:15 p.m.

Load bus for dinner

4:30 - 5:30 p.m.

Dinner at Hometown Buffet

5:30 p.m.

Return on bus to the Gym

5:45 - 7:30 p.m.

Session III/Open gym

7:30 p.m.

Return to residence hall or commuter campers picked up from the Gym

*Campers will be swimming during Tuesday's Practice Session III. See complete daily schedule for more information.

WEEKDAY

7:00 a.m.

Wake up

7:00 - 8:05 a.m.

Breakfast at residence hall

8:20 a.m.

Leave for Gym

9:00 a.m. - 11:45 a.m.

Practice Session I

11:45 a.m. - 12:45 p.m.

Lunch (catered to Gym)

12:45 - 1:30 p.m.

Rest time

THURSDAY

7:00 - 11:00 a.m.

Normal Weekday Schedule

11:00 a.m.

Show for parents

11:30 a.m.

Camp ends - Parents take campers from the Gym to check out of residence hall

* *Daily schedules may vary; Check for updates at camp registration.*

HEALTH AND SAFETY

Each camper must download and fill out a Medical, Health Insurance, Emergency Information, an Release form to be signed by a parent and physician stating she is in good health. Each camper must have a physical exam performed by a doctor prior to camp or during the school year prior to camp. 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



CAMP APPLICATION-REGISTRATION

Registration will be online and is accessible from the "Register Online" link on our camp webpage;

<http://umgym.com/summer-camp/>

You may use either credit card or e-check for online payment. There is an additional fee that is charged by the online registration vendor. If you have any questions about the process please call the camp office at (734) 764-5328.

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 res-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://umgym.com/summer-camp/>

CAMP FEES

A \$200.00 deposit is due with application

\$540 - Resident Camper

This fee covers instruction and t-shirt, all meals, lodging and transportation.

\$430 - Commuter Camper

Fee covers instruction, lunch and dinner and t-shirt.

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

CAMP DISCOUNTS

1. Early bird discount of \$10.00 for online registrations completed by February 15th.
2. Any camper that registers for two consecutive weeks will receive \$10.00 off second week.
3. Family discount for any siblings that register together will receive \$10.00 off second sibling.

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

PAYMENT POLICY

- Prior to May 1, 2012 a \$200.00 deposit is due when you submit your registration. The remaining balance is due May 1, 2012. Online registrations are automatically billed the balance due on May 1st to the card used to register if not paid prior to May 1st.
- After May 1st, 2012 registrations will still be accepted online, but must be submitted with the total session fee.

REFUND POLICY

- Anytime before May 1, 2012, upon written notice of cancellation, application deposit less \$25.00 processing charge is refundable.
- After May 1, 2012, \$100.00 of the application deposit is non-refundable.
- Cancellations must be received in writing by June 1, 2012, in order to receive a full refund less \$100.00 of the application deposit.
- **Refunds after June 1st will be for medical reasons only and will require a doctor's note. Refunds will be full less \$100.00 of the application deposit.**

CAMP STORE

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

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