



CAMP SUNNY

SUMMER CAMP

GYMNASTICS SPECIALTY CAMP

SUMMER 2017

Dear Sun Country **Gymnastics Camp** Participants and Parents,

Thank you for signing up for Sun Country's Gymnastics Specialty Camp!

During camp, gymnasts will start each morning with some fun games or obstacle courses to get their blood flowing. This will be followed by a group stretch. Then, they will be placed into groups that are both age and skill level appropriate. Your gymnast will have turns on every event in the gym to learn skills in a safe and progressive manner.

Please come dressed in appropriate attire in the morning. We prefer girls to wear leotards, but they can also wear athletic shorts (no snaps, zippers, or buttons on them) and a t-shirt that is form fitting or can be tucked in. Hair should be up out of the way without big bows or clips and no jewelry can be worn. Boys should wear athletic shorts and a tight-fitting t-shirt.

In addition to all the skills they will be practicing, gymnasts will also learn the importance of conditioning and flexibility through several exercises that they can do to improve these aspects of fitness. Nutrition lessons will also be discussed daily during snack and art time.

On Friday, your newly trained gymnast will present a short show for the families so that they may demonstrate their newly acquired gymnastics skills!

We are looking forward to a gymtastic week!

Tanaya Williams

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Rainbow Gymnastics
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