

TEAM CAMP 2018

June 17th - 20th



Sun Country Sports Center Team Camps have been some of the most progressive in the past several years. Precise basic training, as well as advanced optional training, will be given in the appropriate levels of gymnastics. Basic skill development is a vital ingredient to the success of even the most advanced athlete. All campers must be competitive athletes. Enrollment is limited to assure good instructor ratio and to assure that each athlete receives individual attention.

Camp activities include:

- Skill Development
- Flexibility and Strength Training
- Mini Clinics
- Air Sense
- Doc Ali Sports Psych Sessions
- Upgraded Skill Training
- Games and Contests



Our Facility:

Our gymnastics camp is housed in our 15,000 square foot gymnasium. It is climate controlled with the finest equipment including an in-ground training pit, an in-ground Australian String Bed Trampoline with bungee system, a 50' rod floor, a 32' tumble trak, and dance room.

Additional Camp Activities May Include:

Blue Springs Trip with BBQ

Call for Resident Camp information.

Lunch can be purchased daily or brought from home.

(Menu available June 1st)

Our 2018 camp has limited enrollment so sign up quickly!

SUN COUNTRY
SPORTS CENTER

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For addition information:
www.SunCountrySports.com