



# CAMP SUNNY

## SUMMER CAMP

### GYMNASTICS SPECIALTY CAMP

SUMMER 2024

Dear Camp Sunny Parents and Participants,

Welcome and thank you for signing up for Sun Country's **Gymnastics Specialty Camp**! We are excited to have your child joining us as we learn and share our passion for the sport together.

Please have your child arrive between 7:30 AM and 9:00 AM, dressed in appropriate attire each 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 tuck in. Hair should be in a ponytail, bun or braids, out of the way without big bows or clips. Boys should wear athletic shorts (no snaps, zippers, or buttons) and a T-shirt. No jewelry should be worn, including watches, Fitbits, bracelets, necklaces, or rings.

Your child will be learning Gymnastics skills in a fun, safe and positive environment from knowledgeable instructors. Gymnasts will start the morning with a warm-up to get their blood flowing, followed by a group stretch. Then, they will be placed into groups that are age, gender and skill level appropriate. Your gymnast will have turns on every event in the gym to learn skills in a safe and progressive manner. In addition to all the skills they will be practicing, gymnasts will also learn the importance of conditioning and flexibility and several exercises they can do to improve these aspects of fitness.

On Friday, students will have an opportunity to perform their newly gained skills in a show for parents and friends before receiving individual awards! The show will be held on Friday, the last day of Gymnastics Specialty Camp. Further details will be given out the week of camp.

If you have any questions, please email [gymdl@suncountrysports.com](mailto:gymdl@suncountrysports.com). We are looking forward to a memorable week!



**SUN COUNTRY SPORTS - WEST**

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