Important Gymnastics Camp Information:

- Monday evening after registration we will do a skills evaluation/testing session. This skill evaluation will help us determine which groups to place each athlete in. The best learning environment for gymnastics is placing athletes in the same skill level together, and movement between groups does not occur for any other reason.

- A welcome and introduction will take place after registration. We will discuss camp rules and policies and address any questions parents might have.

- Parents are welcome at anytime to view workouts. Parents need to remember that for liability reasons no one other than coaches are allowed in training areas and “No Coaching” should happen from the sidelines. In the past we have found that even though the athletes appreciate their parents being there, that it can be very distracting for them.

- Campers should bring a backpack or bag to store their clothes and shoes in during workout.

- Commuter campers need to sign out anytime they leave camp and return to camp. Please remember to bring a photo ID when you pick up your daughter so that we may verify who you are. Also if there will be someone else picking up your daughter please fill out an authorization to pick up form. If for any reason overnight campers are being picked up, please follow these same guidelines and checkout with the counselors at Mountain View Tower front desk.

- Tuesday morning, gymnasts will be placed in their designated groups.

- Gymnasts will need to bring their own supplies needed for camp. Example: tape for ankles, wrist guards etc….

- Absolutely no food or drinks (except water in a closed container) will be allowed in the gym.

- Open Gym: Evening sessions will be for open gym to allow gymnasts more time to work on the individual events that they would like more time on.

- Friday morning at 11:15 the gymnasts will be demonstrating their dances they learned at camp. Commuter campers may leave after this (please remember to bring ID to sign them out) Resident campers need to return to the dorms for checkout.

- A tentative daily schedule was included in the confirmation packet.

- Phone numbers during camp:
  Camp Director’s office: 435-797-0423
  Dorm Front Desk: -