

CAMP DIRECTORS :

Peter Jansson
UIC Women's Gymnastics Coach



M.S. Exercise Physiology
B.S. Physical Education Teaching
1995 & 1999 NCAA Regional
Coach-of-the-Year
Coach of:
Big Ten Champions
MIC Conference Champions
& State Champions

Mary Jansson
UIC Women's Gymnastics Coach



M.S. Elementary Education
B.S. Child Development
1999 & 2001 NCAA Regional Ass't Coach-of-the-Year
Golden Apple Teacher Nominee
Big Ten Beam Champion
Co-Head Coach of:
MIC Conference Champions
7-time NCAA Regional Teams
2-time NIT Teams
8 time State Champions

TRAINING AND FACILITIES :

- ✚ Camp Administered by U.S.A. Gymnastics Safety Certified Coaches
- ✚ 9/1 Camper /Staff ratio
- ✚ NATA Certified Trainers
- ✚ Large gym with Multi-Purpose Training Pits
- ✚ Trampoline with Overhead Spotting Rig
- ✚ Multiple Uneven Bars and Balance Beams
- ✚ Palmer State-of-the-Art Spring Floor
- ✚ Indoor and Outdoor Running Tracks
- ✚ Swimming Pool and Outdoor Recreation Facilities

SUPERVISION :

Campers will be highly supervised by the coaching staff at all times: during sessions, walking to and from the gym, night activities, and in the dormitory.

INSURANCE :

Your insurance is the primary coverage. No person is allowed to attend camp without proof of insurance coverage.

INFORMATION :

312-996-3557(Office)
847-359-2793(Home)
312-996-8349 (Fax)
pjansson@uic.edu

CAMP GOALS :

The Flames Girls' Gymnastics Camp prides itself on providing a safe, fun, and exciting gymnastics environment. Using skill and age grouping and a low staff to gymnast ratio, instruction can focus on each individual gymnast's goals.

The campers' experience at the Flames Camp, goes beyond gymnastics. This is a camp where the enjoyment and safety of the camper/gymnast is the priority of the staff at all times.

TYPICAL CAMP DAY: (tentative)

7:30-8:30	Breakfast
8:45-11:30	Structured Gymnastics
11:45-1:15	Lunch
1:30-4:00	Lecture, Structured Classes, Games
4:00-4:45	Swimming
5:00-6:00	Dinner
6:45-8:45	Individual Open Workout
10:00	Bed check
10:30	Lights out

DORM :

Dormitories with all the modern amenities houses campers two per room. Supervisors on each floor as well as UIC Camp Staff. The dorms are located 10 min. walking distance thru the campus from the gym. **Campers need to supply their own bed linens and towels.**

MEALS :

Campers supplied with three square meals per day. A multitude of choices at each meal, such as, salad bar, sandwiches, and the hot meal of the day. Pizza party and Cook-out on selected nights. Commuters may purchase meals cafeteria style.



DATES & FEES :

Sunday July 27 - Thursday July 31

Resident.....\$460.00
Commuter.....\$360.00

Registration: Sunday, July 27, 11:00am-1:00pm

Check-out: Thursday, July 31, 5:30-6:00pm

First meal provided is dinner on the day of registration and the last meal is lunch on the closing day.

Camp Fees include:

Resident	5 days of instruction Lodging 12 Meals Camp Book, Bag, T-shirt Recreation
Commuter	5 days of instruction Book, Bag, T-shirt Recreation

IMPORTANT :

Please send application form and a \$50.00 **non-refundable** deposit to our camp office. **We will go by a first come first serve bases. Balance is due on June 12th.** Confirmation of registration, specific information, and a medical release will be sent at the end of April upon enrollment of camper.

DISCOUNTS :

- ✚ Register by May 15th to receive \$5.00 off camp fee
- ✚ Groups of 10 or more; each person receives \$5.00 off camp fee*
- ✚ Any camper returning from the 2007 Flames gymnastics camp receives \$5.00 off camp fee.

*All applications must be received in one envelope to receive this discount.

CANCELLATION POLICY :

Your camp fee, less the \$50.00 deposit, will be refunded if you cancel at least two weeks prior to camp. After that date, refunds will be made for medical reasons only, accompanied by a signed statement from physician.

UNIVERSITY OF ILLINOIS AT CHICAGO

www.uicflames.com



FLAMES 2008 GIRLS GYMNASTICS CAMP

July 27-31

Presenting a Girls Gymnastics Camp for all ages and levels. A chance to work out in the same facility as the UIC Flames Gymnastics Teams, Conference Champions, State Champions and NCAA & NIT Qualifiers.

Offering the latest in gymnastics equipment and instruction. Large pool, recreation facilities and fully secured dormitory.

UIC Flames
Attn. Girl's Gymnastics Camp
839 W. Roosevelt Rd
Chicago, IL 60608-1516

Non Profit Org.
US Postage
Paid
Chicago, IL
Permit
4860

2008 Girls' Gymnastics Camp Application

Name _____ Resident \$ _____
 Social Security # _____ Commuter (\$360.00)
 Birth Date _____ Early Reg. (-\$5.00)
 Address _____ Group \$ _____
 City _____ State _____ Returnee \$ _____
 Zip _____ Phone _____ Total \$ _____
 08-09 Grade _____ Age _____ Credit card Visa/MC (\$5.00 Surcharge)
 E-Mail address _____

T-shirt Size YL SM M L
 Type # _____ Exp ____/____

Gymnastics Club/School _____
 Competitive Level _____
 Coach _____
 Parents Name _____
 Preferred Room Mate(doubles): _____

Make Checks Payable to: UIC Athletics/Gymnastics

Resident \$ (\$460.00)
 Commuter (\$360.00)
 Early Reg. (-\$5.00)
 Group \$ (-\$5.00)
 Returnee \$ (-\$5.00)
 Total \$ _____

Credit card Visa/MC (\$5.00 Surcharge)

Parents Release for Medical treatment: I hereby authorize my child's participation in UIC Gymnastics Camp. I know of no mental or physical problems which may effect my child's ability

to safely participate in this camp. I hereby authorize the directors and staff to act for me according to their best judgement in any emergency requiring medical attention. Neither I nor my daughter will hold the UIC Camp or its staff liable for any illnesses, injuries, or expenses incurred while at camp

 (Signature)