

**REGISTRATION**

Name \_\_\_\_\_

Email \_\_\_\_\_

Address \_\_\_\_\_

C/S/Z \_\_\_\_\_

Home Phone ( \_\_\_\_ ) \_\_\_\_\_

Cell Phone ( \_\_\_\_ ) \_\_\_\_\_

Age \_\_\_\_\_ Level \_\_\_\_\_

Club/Team (If applicable) \_\_\_\_\_

Roommate \_\_\_\_\_

T-shirt Size (please circle) Youth M L

Adult S M L XL

\$395 Resident Camper

\$305 Commuter Camper

**\$200 Deposit Due with Application**

**\$25 Late Fee if received after May 25th.**

Make Checks payable to:

Redbird Gymnastics Summer Camp

Check-in Sunday, June 10th @ 4:00 p.m. in the South Gym. Check-out will be Wednesday, June 13th @ 5:00 p.m. in the South Gym

*Resident Tuition includes: instruction, 3 nights lodging, ten meals, insurance, t-shirt, & activities.*

*Commuter Tuition includes: instruction, 2 meal/day, insurance, t-shirt, & activities.*

**ILLINOIS STATE UNIVERSITY**

Girls' Summer Gymnastic Camp  
211 Horton Field House  
Campus Box 7130  
Normal IL 61790-7130

Phone: 309-438-3633  
Fax: 309-438-3597  
E-mail: ljretze@ilstu.edu

**ILLINOIS STATE UNIVERSITY**

**2012 Girls' Summer Gymnastics Camp**

**June 10-13**



online registration: [www.illinoisstatesportscamps.com](http://www.illinoisstatesportscamps.com)

## Coaching Staff



**BOB CONKLING** brings enthusiasm and more than 26 years of coaching experience to his seventh year as the Head Coach of Redbird Gymnastics.

Conkling has his Bachelor of Science degree in Physical Education and has coached state, regional and national champions. He has followed the Redbird Gymnastics program for many years since two of his former athletes competed and coached at Illinois State University.

Coaching gymnastics has been a part of Conkling's agenda since he was 15. Whether he was coaching club, at the YMCA or elsewhere, it has always been in his blood. He looks forward to sharing his years of knowledge and experience with the 2012 campers

Joining Conkling will be members of the Illinois State Women's Gymnastics team. Many of these members competed at the National level before coming to the team here at ISU. They look forward to helping the campers develop their skill level in a fun environment.



## Camp Information

### FACILITIES:

The South Gym of Horton Field House is the home of the Illinois State Gymnastics. Our top-notch facility is equipped with mats, skill cushions, drill stations, balance beams, uneven bars, pit bar, strap bar, floor exercise and vaults. There is also a tumbling and vault strip for safe landings into a pit or resi pit.

### ACCOMMODATIONS & DINING:

Campers will be housed in one of the university residence halls. Nutritious meals will be provided in a university dining hall.

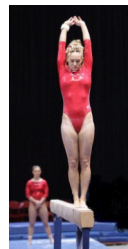
### CAMP CONDUCT:

Any actions deemed detrimental to the safety and health of oneself or another individual or the destruction of property will result in immediate dismissal from the camp with no refund.

### PERSONAL NEEDS:

Sheets and pillowcases are provided. Some necessary items include:

- Several leotards
- Grips
- Tennis Shoes
- Athletic Tape
- Toiletries
- Rain gear
- Laundry bag
- Towels
- Washcloths
- Pillow
- Blanket/sleeping bag
- Swimsuit
- Sunscreen
- Light jacket/sweater
- Minimal money for recreation



## Camp Overview

The purpose of the Illinois State Gymnastics Camp is to expose young athletes to the sport of gymnastics, to further develop skills and techniques of proper progression and to learn new elements while having fun. All levels are welcomed at camp.

All athletes will be exposed to various national and collegiate coaches and athletes. Gymnasts will be screened and divided into groups according to ability and age, enabling the athlete to learn at an individual pace while participating with peers. Enrollment is limited to ensure that the student to staff ratio is conducive to maximizing learning in a safe environment.

## Daily Camp Activities

7:00 a.m.	Wake up, eat breakfast
9:00 a.m.	Training
12:00 noon	Lunch
1:30 p.m.	Training
5:00 p.m.	Dinner & relax
6:30 p.m.	Evening Activities
10:30 p.m.	Lights Out

*Please note that this is a basic schedule. The exact order and time of events may vary. It is possible that additional activities may be conducted.*

Illinois State University camps and clinics are open to any and all entrants, in accordance with the NCAA camps and clinics legislation (limited only by number, age, grade level and/or gender).

Illinois State University formally reiterates and reaffirms its commitment to the principles of equal opportunity, affirmative action and diversity. Discrimination based upon race, color, religion, sex, national origin, age, disability, or veteran's status is a violation of federal and state law and university policy and will not be tolerated.

If you need a special accommodation to fully participate in this activity or require special dietary needs, please contact Laurie Retzer, ISU Gymnastics at 309-438-3633. Please allow sufficient time to arrange the accommodations.

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