GIRLS GYMNASTICS DAY CAMP: JULY 6-8, 2018

Equipment: Leotard or tight fitting athletic clothing (for workout)  
Tennis Shoes (for walking)  
Loose fitting clothing for dining hall  
Gym bag to carry items  
Grips/gymnastics shoes/necessary braces for training (if using)  
Water bottle (Gatorade and water provided)

***Please mark all belongings and clothing with your daughter’s name to help with identification of items***

NOTE: ** THIS IS A COMMUTER CAMP ONLY **

PENN STATE GIRLS GYMNASTICS CAMP – “TENTATIVE” SCHEDULE

First Day, July 6
8:00 a.m. - 9:00 a.m. Final Registration - White Building  
9:00-9:15 Instructional meeting**  
9:15-10:00 Stretch/Pre-strength  
10:00-10:45 Rotation 1  
10:45-11:30 Rotation 2  
11:30 a.m. - 12:15 p.m. Rotation 3  
12:15-1:30 Lunch  
1:30-2:30 Bookstore and Creamery Trip  
2:30-2:45 Stretch  
2:45-3:30 Rotation 4  
3:30-4:15 Rotation 5  
4:15-5:00 Rotation 6  
5:00-6:15 Dinner  
6:30 Depart

Second Day, July 7
8:45 a.m. - 9:15 a.m. Arrive at White Building  
9:15-10:00 Stretch/Pre-strength  
10:00-10:45 Rotation 1  
10:45-11:30 Rotation 2  
11:30 a.m. - 12:15 p.m. Rotation 3  
12:15-1:30 Lunch  
1:30-1:45 Stretch  
1:45-2:30 Rotation 4  
2:30-3:15 Rotation 5  
3:15-4:00 Rotation 6  
4:00-5:00 Open Gym  
5:00-6:15 Dinner  
6:30 Depart
**Last Day, July 8**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>8:45 a.m. - 9:15 a.m.</td>
<td>Arrive at White Building</td>
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<tr>
<td>9:15-10:00</td>
<td>Stretch/Pre-strength</td>
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<tr>
<td>10:00-10:45</td>
<td>Rotation 1</td>
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<td>10:45-11:30</td>
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<td>Lunch</td>
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<tr>
<td>1:30-1:45</td>
<td>Stretch</td>
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<tr>
<td>1:45-2:30</td>
<td>Rotation 4</td>
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<tr>
<td>2:30-3:15</td>
<td>Rotation 5</td>
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<tr>
<td>3:15-4:00</td>
<td>Rotation 6</td>
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<td>4:00-5:00</td>
<td>Open Gym/Dances (Parents Invited)</td>
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<td>5:15</td>
<td>Camp wrap up/depart</td>
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**Please arrange for a specific time and place to pick up your camper.**

**NOTE **Camp meeting is open to and optional for parent(s)/ legal guardian(s). The camp meeting allows for the opportunity to meet the camp director and camp staff members and have questions answered.