

Welcome

to Southeast Missouri State University Gymnastics Camp! The Southeast campus is located in the city of Cape Girardeau, 120 miles south of St. Louis on the Mississippi River. Campers will enjoy experienced and professional instruction at an affordable rate. You will also enjoy modern accommodations in secure dormitories, plus the meals are great! We look forward to seeing you at camp this summer!

TOM FARDEN

Head Coach



- Seventh year at Southeast
- Former Club Owner
- 15 years of coaching experience
- USA Gymnastics Safety Certified
- Coached gymnastics camps in Canada, Germany and all over the U.S.
- Outstanding spotter

Brogan Jacobsen

Assistant Coach



- First year at Southeast
- Former BYU Gymnast & Asst. Coach
- Outstanding choreographer
- Scored a perfect 10.0 on floor & still holds BYU floor record
- Coached camps all over the U.S.
- USA Gymnastics Safety Certified

Current and former S.E. gymnasts will serve as camp counselors and instructors.

2006 CAMPS

June 25-30, 2006

Overnight or Day Camp

DAY CAMP\$275.00

Deposit of \$100 is due with registration. Balance of \$175 is due by June 9.
Fee includes: gymnastics instruction, lunch (dinner on Sunday night), t-shirt and evening activities.

Day campers are always welcome to return for the evening activities.

OVERNIGHT CAMP\$375.00

Deposit of \$150 is due with registration. Balance of \$225 is due by June 9.
Fee includes: gymnastics instruction, t-shirt, overnight room and ALL meals.

Check-in Times:

Day	Sunday, June 25	12:30 to 1:00pm	Parker Gym
Overnight	Sunday, June 25	10:00am	Towers Dorm

Check-out Times:

All campers	Thursday, June 30	5:00pm
-------------	-------------------	--------

Overnight campers will check out from Towers
Day campers will check out from Parker

Registration Deadline is June 9 or until filled. Additional information will be mailed to you after registration is received.

Refund Policy:

- Refunds must be requested in writing before May 15, 2006 and will be honored minus a \$30 processing fee.
- After May 15, 2006, all deposits are non-refundable.
- No refunds after June 9.

SCHEDULE

SUNDAY

1:00 Welcome & stretch
1:30 Camp
4:30 Dinner at Towers
5:45 Stretch
6:15 Evening workout
8:15 Dismissed

MONDAY & WEDNESDAY

7:30 Wake & breakfast
9:00 Training begins
12:00 Lunch
1:15 Stretch
1:30 Afternoon workouts
5:00 Dinner at Towers
(day campers picked up)
7:00 Open Gym
8:30 Dismissed

TUESDAY/THURSDAY

7:30 Wake & breakfast
9:00 Training begins
12:00 Lunch
1:15 Stretch
1:30 Afternoon workouts
2:30 Swimming at Capaha Pool
5:00 Dinner at Towers
(day campers picked up)
7:00 Camper Staff Challenge
Talent Show
8:00 Dismissed

FRIDAY

7:30 Wake & breakfast
9:00 Training begins
12:00 Lunch
1:15 Stretch
1:30 Afternoon workouts
3:30 Finish
4:00 Camp Show
5:00 Check-out



Southeast Missouri State University
One University Plaza
Cape Girardeau, MO 63701

Gymnastics Camp 100486



GYMNASTICS

SUMMER CAMPS 2006



Gymnastics Application & Authorization

Name _____
Address _____ City _____
State _____ Zip _____ Age _____ 2006-07 Grade _____
Parent name _____
Home Phone _____ Day Phone _____ Cell Phone _____
Roommate Request _____ (dorms are doubles or triples)

CHECK APPROPRIATE SPACE:

Day Camp (deposit of \$100 due with registration) Overnight Camp (deposit of \$150 due with registration)

SELECT YOUR T-SHIRT SIZE:

Youth M L Adult S M L XL

USAG Competitive Level or extent of gymnastics experience:

Enclose appropriate deposit with application. Balance is due by June 9, 2006.

Make check payable to: Southeast Missouri State University OR

Charge total camp fee to: Visa Mastercard Discover

Cardholder Name _____

Acct. Number _____ Exp. Date _____

Signature _____

Mail to: **Camp Director**
Southeast Missouri State University
One University Plaza, MS 0200
Cape Girardeau, MO 63701

Campers Must Have Own Medical Insurance

Realizing that the activity for which I am making this application involves a certain amount of risk to me/my child, I hereby agree to assume all such risk or loss, damage or injury to the person and property of my child and to release and indemnify Southeast Missouri State University, and the agents and employees, from any and all such claims from loss, damage or injury sustained by me/my child while engaging in such activity. I also understand Southeast Missouri State University Gymnastics Camp retains the right to use any photographs, videos, or other advertising for legitimate purposes.

Signature: _____ Date: _____

Who is Gymnastics Camp For?

Children ages 6-18 at any ability level are encouraged to register. We serve children with no gymnastics experience to those competing USAG Level 10. Overnight campers must be at least 9 years old. Southeast Gymnastics Camp is a girls' gymnastics program. Campers will be grouped by skill level and age group. Friends will be placed in the same group whenever possible. Our staff knows how to challenge each individual while providing a safe environment to learn new skills.

How to Register

Complete, detach and return the application with deposit. Application form may be duplicated. Balance is due by June 9, 2006.



Our Facilities

Parker Gymnasium includes:

- Above ground pits
- vault - loose foam
- single rail
- rod floor
- 3 portable resi pits
- Channel bar
- Trampolines
- 5 balance beams
- 4 bar stations
- All Elite AAI Equipment
- Sports Medicine room
- Sports Medicine staff on duty

Confirmation

A confirmation letter with more information will be sent to campers upon receipt of their application and payment. A responsible adult should attend check-in for more information about pick-up times, daily schedules, etc. Be sure to fill in all information on the application.

Camp Counselors

Your camp counselors will consist of Southeast Gymnastics Team members along with other coaches from around the country.



For Information

573-651-2604 Tom Farden

tfarden@semo.edu

573-651-2113 Camp Directors

www.GoSoutheast.com

Other S.E. Camps

Please call **573-651-2113** for information & brochure

Basketball	(boys)	Basketball	(girls)
Track	(boys & girls)	Volleyball	(girls)
Soccer	(boys & girls)		