

Arkansas Gymnastics Camp for Girls
101 Bev Lewis Center
Fayetteville, AR 72701

2016 Arkansas Gymnastics Camp for Girls, LLC



Session 1: June 18-21
Overnight Campers Only

Session 2: June 23-26
Day Campers Only

Welcome...

Please join us this summer as we host our 14th annual Razorback Gymnastics Camp on the campus of the University of Arkansas. We offer a comprehensive and fun program for both compulsory and optional level gymnastics. During the week, campers will be instructed on all four events as well as dance, strength, trampoline, and flexibility. There will be open gym and recreational activities to balance out the camp experience.

Meet the Staff

University of Arkansas Head Coach

Mark Cook:

Mark will be managing the camp and assisting on bars, as well as overseeing all camp events and providing his expertise. Coach Cook has led the Gymback team to two Super Six appearances at NCAA Championships. He also coached former Gymback Katherine Grable to an individual Vault title at the 2014 NCAA Championships. Additionally, he has coached numerous All-Americans.

University of Arkansas Assistant Head Coach

Samantha Snider:

A former University of Arkansas gymnast, Snider has helped guide the team to 3 NCAA Championship appearances and a Super Six appearances as well. She has coached multiple All Americans on Floor during her time as an assistant coach at Arkansas. She also coached former Gymback Katherine Grable to an individual Floor title at the 2014 NCAA Championships. She will handle administrative duties, as well as coaching during camp.

University of Arkansas Assistant Coach

Jaime Armbrust:

Jaime Armbrust is in her second year as Arkansas' assistant coach after closing an outstanding Razorback career in 2012 and two seasons as the Director of Operations. She led Arkansas to two Super Six appearances, four NCAA Championship appearances and three top 10 finishes. Armbrust will sustain her coaching duties on the floor exercise and will handle administrative duties, as well as coaching during camp.

Joining the staff will be current Razorback gymnasts and top collegiate and club coaches from around the country.

Facility

Gymnasts will train in the Bev Lewis Center and Barnhill Arena. The Bev Lewis Center is a multi-million dollar facility and is home of the Razorback Gymnastics Team. The training gym is considered one of the finest facilities in the country. Dedicated in 2003, the center is named after Executive Associate Athletic Director, Bev Lewis. The 15,000 square foot air-conditioned facility is complete with a fully equipped training room and includes:

ALL STATE OF THE ART EQUIPMENT:

- 3 Vaulting stations into foam & resi pit
- 4 sets of Uneven Bars into foam & resi pit and 1 single bar into foam & resi pit
- In-ground channel single bar
- Trampoline single bar
- 9 Reflex Balance Beams & 5 low beams
- Resi pits for end & side beam dismounts
- 50'x50' Floor Exercise
- Tumbling strips into foam & resi pit
- 50' Rod Floor & 50' Tumble Trak
- 2 in-ground trampolines
- Video Screens at every event

Views of the facility:



Participants are not contracting with the University of Arkansas or the State of Arkansas with regard to participating in this camp, and the University of Arkansas and the State of Arkansas do no run or have any responsibility for the camp.

Tuition & Dates

TUITION: **DATES:**
 Resident: \$525.00 June 18-21
 Day: \$400.00 June 23-26
 Deposit: \$100.00
BALANCE DUE: May 18, 2016

DISCOUNTS:

Group discounts are awarded to groups of 10 or more gymnasts. The discount for day campers is \$10 per participant, and the resident camper discount is \$15 per participant. **GROUP REGISTRATION MUST BE RECEIVED TOGETHER IN ORDER TO GET THIS DISCOUNT. NO EXCEPTIONS!**

University of Arkansas Athletic Staff receive a 15% discount

CANCELLATIONS:

There will be a \$75 administrative fee for all cancellations and a \$20 fee for NSF-returned checks. Upon receipt of deposit, each camper will receive a packet of information that will include an emergency and health insurance form, which is to be filled out and returned with the balance by the final deadline. Any applications that are sent after the deadline of May 18, 2016 must be paid in full.

Online Registration:

www.arkansasrazorbacks.com

Mail Information to:

Arkansas Gymnastics Camp for Girls
 101 Bev Lewis Center
 Fayetteville, AR 72701

For any further information contact:

Kelci Gatling
 Office: (479) 575-4479 Fax: (479) 575-2203
 KLL002@uark.edu

Day & Resident

This camp is open to any and all entrants who meet the following criteria:

This is a girl's gymnastics camp only.

Day campers: Ages 7 and up

Resident campers: Ages 9 and up

Previous gymnastics experience is recommended.

TENTATIVE RESIDENT CAMPER SCHEDULE

DAY 1-June 18, 2016

8:00-10:00 am Dorm Move- In @ Maple Hill
 10:00am-12:00pm Camp Registration @ Barnhill Arena
 NO lunch provided to campers on Day 1. (on own)
 1:00 pm Parent/Campers Meeting
 1:15 pm Warm-ups
 1:30-4:50 pm Session 1
 5:00-6:00 pm Dinner Break (provided)
 6:15-8:30 pm Session 2

DAY 2 & 3

7:45 am Breakfast
 9:00-11:55 am Session 1
 11:55-1:30 pm Lunch Break (provided)
 1:30-4:50 pm Session 2
 5:00-6:00 pm Dinner Break (provided)
 6:15-7:30 pm Open Gym or Pool

FINAL DAY- June 21, 2016

9:00-11:45 am Session 1
 11:45-1:00 pm Lunch Break (provided)
 1:00-4:00 pm Session 2
 4:00pm Dance/Certificate Presentation @ Barnhill

TENTATIVE DAY CAMPER SCHEDULE

DAY 1-June 23, 2016

8:00-9:00 am Camp Registration @ Barnhill Arena
 9:00-9:15 am Parent/Campers Meeting
 9:30-10:00 am Warm-ups
 10:00-12:15 pm Session 1
 12:15-1:15 pm Lunch Break (provided)
 1:15-4:00 pm Session 2

*Please be prepared to pick up by 4:15 DAILY

DAY 2 & 3

9:00-12:15 pm Session 1
 12:15-1:15 pm Lunch Break (provided)
 1:15-4:00 pm Session 2
FINAL DAY- June 26, 2016
 9:00-11:30 am Session 1
 11:30-12:30 pm Lunch Break (provided)
 12:30-2:35 pm Session 2
 2:45 pm Dance/ Certificate Presentation @Barnhill

Air Travel

Overnight campers arriving via air at Northwest Arkansas Regional Airport must call no later than three weeks prior to the camp date to arrange transportation to camp via Super Shuttle. Call (479) 575-4479 to make travel arrangements. There will be a one-way \$45 transportation charge (\$90 round trip) to and from the airport, via Super Shuttle Service.

Housing

Overnight campers will be staying at the Maple Hill dorms. Gymnasts will have supervision from camp staff and counselors at all times, and the residence hall will be staffed around the clock. Maple Hill Dorms are located on the corner of Razorback and Cleveland.



Roommates

A roommate request may be made on the camp application. Make sure your roommate puts you down on her application as well. Anyone who does not specify a roommate will be paired with another gymnast of approximately the same age. There will be two gymnasts per room. Everyone should bring t-shirts, shorts, leotards, personal gymnastics equipment (grips, wrist guards, & tape). In addition, overnight campers need to bring pajamas, toiletries, pillow, blanket/sleeping bag, towels, bed linens for a twin bed, door decorations (optional) and bathing suits.

Camp Application

Camper _____

E-mail _____

Address _____

City, State, Zip _____

Phone (C) _____

Phone (H) _____ Age _____

Club Team _____

Roommate _____

Competitive Level in Gymnastics (Please Circle)

Beg. Rec. 3 4 5 6 7 8 9 10 Elite

Camp Selection	<input type="checkbox"/>	Resident	\$525
	<input type="checkbox"/>	Day	\$400

Amount Enclosed _____

**A \$100 deposit is required in order to secure a spot in the camp, however, full payment is also accepted with the application.

CASH OR CHECK ONLY PLEASE!

Make Checks Payable to:

Arkansas Gymnastics Camp for Girls

T-shirt Size (Please Circle)

CM CL AS AM AL

Waiver of Liability

For consideration of my child's participation in the 2016 Razorback Gymnastics Camp, I hereby agree that I will not hold the Razorback Gymnastics Camp or its workers responsibility for any losses, damages, or personal injuries my child may receive as a result of participation. This waiver of liability expressly includes transportation to and from, or in connection with said camp, in any vehicle operated by the staff of the Razorback Gymnastics Camp.

Parent/Guardian Signature

Date