

MFG SUMMER CAMP

Detroit Lakes, MN
August 21 & 22, 2009

DAILY SCHEDULE

Friday

8:30 Breakfast @ Gym
9-12 Gymnastic Events
12-1 Lunch & Lake
1-4 Gymnastic Events
4-5 Open Gym
5-6 Water Balloon Fun

Saturday

8:30 Breakfast @ Gym
9-12 Gymnastic Events
12-1 Lunch & Lake
1-4 Gymnastic Events

CAMP COST

The cost of MFG Summer Camp will be \$175.00. An MFG Camp leotard is included in cost. Discount of 10% for 2nd, 3rd, etc. child.

WHAT TO BRING

Leos, shorts & t-shirt, tennis shoes, socks, bathing suit & towel and any overnight items you need.

CAMP SKILL LEVEL

All levels welcome. Gymnasts will be grouped according to skill level and goals.

AGE LIMIT:

Campers must be 7 years of age or older.

OVERNITE LODGING

Overnight lodging can be arranged at gymnasts' homes. Please note this on the registration form.

MFG CAMP COACHES

MFG Summer Camp will feature the best coaches in the region!!

Sith Hansana, Head Coach & Director
MFG, Detroit Lakes, MN
20+ yrs. gymnastics experience

JJ Bayer, Head Coach
Red River Valley Gymnastics, Grand Forks, ND
20+ yrs. gymnastics experience

James Bayer, Head Coach
Red River Valley Gymnastics, Grand Forks, ND
20+ yrs. gymnastics experience

Dennis Champoux, Owner & Head Coach
Power & Grace Gymnastics Club, Sioux Falls, SD

Plus....our great staff of MFG coaches!

MFG CAMP EVENTS

Vault, Uneven Bars, Balance Beam,
Floor, Trampoline & Dance

MFG EQUIPMENT

Inclined Tramp Bar Station,
Tumble Trak, Tumbling Strip,
3 Uneven Bars Stations,
In-Ground Channel Bar,
In-Ground Strap Bar,
2 In-Ground Tramps & Spotting Belt,
12 Beam Stations,
Reflex Beams, 2 AAI Vault Tables,
Safety Zones, Loose Foam Landing Pit
for All Events,
Mini-Trampolines

APPLICATION FORM

Gymnast _____

Gymnast Age _____

Gymnast's Current Level: (circle one)

Recreational: Beginner Inter. Advanced

Competitive: Pre-Team USAG Level _____

High School: Grade _____

Parent/Guardian _____

Address _____

Address _____

City _____

State _____ Zip _____

Home Phone _____

Work Phone _____

Need Lodging? Yes No (circle one)

COST OF CAMP: \$175.00

Included in camp cost is a Camp leotard

Leotard Size: (circle one)

Child: S M L or Adult: XS S M L XL

To guarantee your participation, registration & full payment must be received by Aug. 1, 2009.

Make checks payable to: MFG

REFUND POLICY

Injuries / Sickness & Family Emergencies only

Mail To: Minnesota Flyers Gymnastics
1306 Rossman Ave.
Detroit Lakes, MN 56502

Call or E-mail if you have any questions.

218-847-3637 mnflyers@arvig.net