



## General Information

### Overnight Camp • July 13-17, 2008



The Overnight Gymnastics Camp is for the female gymnast ages 6 to 18. This camp allows you to have fun and experience the instruction that you need to improve your gymnastics. Our camp is geared toward all gymnastics levels. We encourage and

welcome all ability levels: those with no prior gymnastics experience, those with high school experience, and those who have competed from Levels 1 through 10.

## Camp Schedule

A detailed daily schedule will be provided in a pre-camp mailing 2-3 weeks prior to the start of camp. Below is a tentative schedule for this year's camp.

### Sunday Evening Schedule

- 5:00 Check-in
- 7:00 Mandatory Meeting
- 7:30 Campers report to Williams Center Gym 3

### Monday – Wednesday Schedule

- 7:00 Wake up! Get ready for the day!
- 7:45-8:30 Breakfast
- 9:00-9:30 Warm-ups
- 9:30-11:50 Morning Workout
- 12:00-1:00 Lunch
- 1:00-3:45 Afternoon Workout
- 3:45-5:15 Free Time
- 4:00-5:00 Swimming
- 5:15-6:30 Dinner
- 7:00-8:30 Evening Activities
  - Monday: Open Workout
  - Tuesday: Surprise Activity
  - Wednesday: Open Workout/Movie Night

## Camp Fees

<b>Resident</b>	<b>\$ 415*</b>
<b>Commuter</b>	<b>\$ 390*</b>

\*If six or more gymnasts from one program attend the same camp, a **reduced rate of \$25 per person** is applicable. **These applications must be sent in together by May 15, 2008** or the group rate does not apply.

The resident camp fee covers lodging, meals, educational materials, a camp t-shirt and insurance. The commuter fee includes noon and evening meals, educational materials, a camp t-shirt, and insurance. Each camper will be covered by a limited accident insurance policy. The insurance includes primary coverage of \$1,000, secondary coverage up to \$5,000, and \$300 maximum dental insurance. Insurance does not cover pre-existing injuries and is for accidents only. The cost of insurance is included in the registration fee. Every precaution will be taken to prevent accidents. The 2008 camp will have a camp health supervisor available.

Refunds requested in writing before June 13, 2008 will be honored, minus a \$25 processing fee. After June 13, all deposits are non-refundable. **There will be no refunds after July 11, 2008.**



## Camp Director



**Jennifer White** is in her sixth year as **head women's gymnastics coach** at UW-Whitewater. Coach White has successfully helped the Warhawks improve to a respectable position at the WIAC and NCGA level. In the 2006-2007 season, the Warhawks placed 4th at the 2007 Division III National Championships where the team broke the overall team school record. White's team also had 12 NACGC Scholar All-Americans, an individual NCGA Scholar All-America honoree, and had second team Academic All-America as selected by the College Sports Information Directors of America (CoSIDA).

At the 2007 NCGA Division III Championship she had one gymnast earn three All-America honors in the all-around, floor exercise, and balance beam, and another individual also earned three All-America honors in the all-around, uneven bars and balance beam. The team added 38 individual performances to the UW-Whitewater Top 25 Gymnastics Record Book, and earned three of the top four Overall Team Scores in school history. In addition to excelling in the gym, the team had an overall GPA of 3.61 with seven team members earning a 4.00 for the 2006-07 academic year. In her five years as the head coach, White has had 40 gymnasts earn either Academic or Athletic All-America honors. Every year the Warhawk gymnasts seek to rise to new challenges, and this year should be their best.

White earned her Bachelor of Science degree in biology from Springfield in 1997, and her master of education degree, also from Springfield, in 1999. White teaches in the Department of Health, Physical Education, and Recreation & Coaching as well as mentoring and supervising student teachers. Besides her teaching and coaching duties, White also serves as the West Region Vice Chair for the NCGA. For more information, visit:

<http://www.uwwsports.com/sidebar.asp?id=373&path=gymnastics>

## Camp Staff

### Tony Retrosi

- USA Gymnastics National & International Coach
- Owner / Head Coach, Atlantic Gymnastics Training Centers, Dover and Portsmouth, NH

### Robert Murray

- Head Coach and Owner, Kidsport Gymnastics, Winona, MN

### Jen Miller-McEachern

- Head Women's Gymnastics Coach, Massachusetts Institute of Technology

### Lisa Klein

- Assistant Gymnastics Coach, Texas Woman's University

### Tracy Cummings

- Assistant Gymnastics Coach, UW-Whitewater
- Assistant Camp Director, UW-W Gymnastics Summer Camp

# WARHAWK OVERNIGHT Gymnastics Camp July 13-17 2008



## Accommodations

Overnight campers will reside in a campus residence hall. The residence hall has a secured entrance and the campers are monitored by the residence hall directors, assistants, and by our own counseling staff. Rooms are double occupancy only. The bathrooms and showers offer clean, individual stalls for privacy. The residence hall also has lounge spaces with TV and VCR and a full kitchen for use. Campers are supervised at all times.



## The Best Division III Facility in The Midwest

Gymnasts will have the opportunity to train in the state-of-the-art facility that hosted the 2007 National Collegiate Gymnastics Championships. Our facility was renovated in the fall of 2006 and all of our equipment has been updated to meet NCAA standards. The Warhawk Gymnastics Gymnasium is one of the best Division III facilities in the Midwest. The gym is equipped with a resi pit for vaulting and tumbling, a resi and loose-foam pit for training, uneven bars, trampoline, tumble trak and overhead spotting rings. Our camp also offers a fully-trained staff and athletic training room. Our gymnastics training facilities are designed to help make you the very best gymnast you can be.

No state tax revenue supported the printing of this document.

The University of Wisconsin-Whitewater is committed to equal opportunity in its educational programs, activities and employment policies, for all persons regardless of race, color, gender, creed, religion, age, ancestry, national origin, disability, sexual orientation, political affiliation, marital status, Vietnam-era veteran status, parental status and pregnancy. If you have any disabling condition that requires special accommodations or attention, please advise us well in advance. We will make every effort to accommodate your special needs.



### 2008 Overnight Gymnastics Camp Registration Form • July 13-17, 2008

Name \_\_\_\_\_ School \_\_\_\_\_

Home Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Day Phone \_\_\_\_\_ Emergency Phone \_\_\_\_\_

Email \_\_\_\_\_ DOB \_\_\_\_\_ Grade (Fall 2008) \_\_\_\_\_ Years Exp. \_\_\_\_\_

T-shirt Sizes:  Youth  Adult  S  M  L  XL Skill Level:  Beginning  Intermediate  Advanced USAG Level \_\_\_\_\_

Commuter \$390  Resident \$415 Roommate Preference \_\_\_\_\_

Group Rate (Group rate does not apply after May 15, 2008.) Name of Club or Program \_\_\_\_\_

\$\_\_\_\_\_ Amount enclosed. Send application with the required \$75 deposit or total camp fee. Deposit is part of total camp fee. Make check payable to **UW-Whitewater** or pay by MasterCard or Visa.

Card # \_\_\_\_\_ Exp. Date \_\_\_\_\_ Name on Card \_\_\_\_\_

**To register online:** <http://camps.uww.edu/gymnastics.php> **To register by fax:** 262-472-5241 **Questions:** [ceseverts@uww.edu](mailto:ceseverts@uww.edu) or 262-472-3165  
**To register by mail:** Gymnastics Camps, UW-Whitewater, Continuing Education Services, Roseman Bldg, Rm. 2005, 800 W. Main St., Whitewater, WI 53190  
**To register by phone** using MasterCard or Visa, call 1-800-622-0350 or 262-472-3165 (7:45 a.m.-4:15 p.m., Monday-Friday)

*I understand that the University may take photographs and/or videos of camp participants and activities. I agree that the University of Wisconsin-Whitewater shall be the owner of and may use such photographs and/or videos relating to the promotion of future camps. I relinquish all rights that I may claim in relation to use of said photographs and/or videos.*

Signature of Parent/Guardian \_\_\_\_\_

Date \_\_\_\_\_