



UNIVERSITY OF WISCONSIN  
WHITewater



# Warhawk Overnight Gymnastics Camp 2009

Camp 1: July 12-16

Camp 2: July 19-23

## 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 camp 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, VCR and a full kitchen for use.



## 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, a strap bar, a channel bar system, two trampolines, a tumble trak, a dance studio, two spotting rigs and a lot more. Campers will have the opportunity to see and use two TIVO units for instant feedback of their skills. 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.

**Space is limited, so sign up quickly!**  
Register Online:  
<http://camps.uww.edu>

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.

**2009 Overnight Gymnastics Camp Registration Form**  
Camp Choice:  Camp 1 July 12-16  Camp 2 July 19-23  Both Camps

Name \_\_\_\_\_  
Home Address \_\_\_\_\_  
Day/Cell Phone \_\_\_\_\_  
Email \_\_\_\_\_  
T-shirt Sizes:  Youth  Adult  S  M  L  XL  
 Commuter \$405  Resident \$425  Both Camps (Res.) \$750  Both Camps (Com.) \$710  Group Rate (Group rate does not apply after May 1, 2009)  
Name of Club or Program \_\_\_\_\_  
Roommate Preference \_\_\_\_\_  
Special comments/needs: \_\_\_\_\_  
\$ \_\_\_\_\_ Amount enclosed. Send application with the required \$100 deposit or total camp fee. Deposit is part of total camp fee. Make checks payable to **UW-Whitewater** or pay by MasterCard or Visa.  
Card # \_\_\_\_\_ Exp. Date \_\_\_\_\_ Name on Card \_\_\_\_\_

School \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Home Phone \_\_\_\_\_  
DOB \_\_\_\_\_ Grade (Fall 2009) \_\_\_\_\_ Years Exp. \_\_\_\_\_  
Skill Level:  Beginning  Intermediate  Advanced USAG Level \_\_\_\_\_

Roommate Preference \_\_\_\_\_  
Roommate Preference \_\_\_\_\_

**To register online:** <http://camps.uww.edu> **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 \_\_\_\_\_

## Camp Director



Jennifer White is in her seventh 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 2007-2008 seasons, Coach White was honored as the 2008 North Central Regional Coach of the Year, and the 2008 WIAC Coach of the Year. Listed below are just some of the highlights from the 2007-2008 UWW Warhawks season:

- UWW Gymnastics breaks school record & earns 5th Place at 2008 Division III National Championship.
- 10 student-athletes earn 2007-2008 NACGC Academic All-American Honors.
- Kira Fedyniak, Alison Lewis, & Rachel Paney earn 2007-2008 NCGA Academic All-American Honors.
- Justine Weyer is National Champion on Vault at the 2008 NCGA Division III Championships.
- Justine Weyer earns All-American Honors in the All-Around, Uneven Bars, and Vault at the 2008 NCGA Division III Championships.
- Danielle Crinzi earns All-American Honors on Uneven Bars at the 2008 NCGA Division III Championships.
- Allison Nelson earns All-American Honors on Vault at the 2008 NCGA Division III Championships.
- Alison Lewis earns Academic All-American honors in the At-Large College Division Second Team selected by the College Sports Information Directors of America (CoSIDA) and sponsored by ESPN The Magazine.
- Having The 2008 WIAC Conference Champion in the All-Around, Vault, Uneven Bars, & Floor Exercise.
- Finishing 2nd in The WIAC Conference.
- Holding 1st - 5th Overall Team Scores for the UW-Whitewater Gymnastics Record Book.
- Having 4 out of 5 Individual Event Records set in 2008.
- Having 5 out of 5 Team Event Records set in 2008.
- Having 12 student-athletes earn a 3.5 for the Spring 2008 semester.
- Having 15 student-athletes earn a 3.0 or higher for the 2007-2008 Academic Year.
- Having a team GPA of 3.44 for 2007-2008 Academic Year.

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 College 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>

## General Information

The overnight gymnastics camp is for 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

### Thursday Schedule

7:30 Wake up! Get ready for the day!  
7:45-8:30 Breakfast  
8:45 Depart to the gym  
9:00-9:15 Warm-ups  
9:20-11:50 Morning Workout  
11:45-12:30 Lunch  
12:30-1:30 Return to pack and check out!  
1:30 Depart to the gym  
1:45-2:00 Stretch  
2:00-2:50 Show time  
2:50-3:30 Dance and awards  
3:30 Return to dorm to pack!

## 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

### Lisa Klein

• Assistant Gymnastics Coach, Texas Woman's University

### Jen Miller-McEachern

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

### Jimmy Hayes

• Assistant Gymnastics Coach, Massachusetts Institute of Technology

### Doug Brynes

• Head Coach of Hamline University and Spirit Gymnastics

### Kip Reed

• Former Assistant Coach at Yale University  
• Senior Staff Member of New York YMCA National Training Gymnastics Camp

**And others to be included**



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## Camp Fees

Resident	\$ 425*
Commuter	\$ 405*
Both Camps (Resident)	\$ 750
Both Camps (Commuter)	\$ 710

\*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 1, 2009** or the group rate does not apply. Applies only to one week registrations.



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 (If you attend both camps, you will only receive one t-shirt). 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 2009 camps will have a camp health supervisor available.

Refunds requested in writing before June 1, 2009 will be honored, minus a \$30 processing fee. After June 1, all deposits are non-refundable. **There will be no refunds after July 1, 2009.**