

WARHAWK GYMNASTICS CAMPS 2012

Camp One
July 15-19

Camp Two
July 22-26

ABOUT THE CAMPS

The Warhawk Gymnastics Camp is for female gymnasts ages 6 to 18. This camp allows you to have fun and experience the instruction that you need to improve your gymnastics. 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.



BASIC ITINERARY

Sunday 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!
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/Swimming
5:15-6:30..... Dinner
7:45-8:30..... Evening Activities

- Monday: Open Workout
- Tuesday: Surprise Activity
- Wednesday: Open Workout/
Movie Night

Thursday Schedule

7:30..... Wake Up!
7:45-8:30..... Breakfast
9:00-9:30 Warm-ups
9:30-11:50 Morning Workout
11:50-12:30 Lunch
12:30-1:30 Return to Dorm to Pack and Check-out
1:30..... Depart for Gym
1:45-2:00..... Stretch
2:00-2:50 Show Time
2:50-3:30 Dance and Awards
2:50-3:30 Return to Dorm to Pack

CAMP FEES

Resident \$450 Commuter \$430

Anyone interested in attending both camps should contact our office to receive a \$100 discount off their total price.

*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, 2012 or the group rate does not apply. Applies only to one week registrations.

In order to receive a camp t-shirt you must register and place your deposit by June 1, 2012.

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).

Refunds requested in writing before June 1, 2012 will be honored, minus a \$50 processing fee. After June 1, all deposits are non-refundable. There will be no refunds after July 1, 2012.



Register Online at: <http://camps.uww.edu>

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, DVD player and a full kitchen for use.

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 and will again host the National Collegiate Gymnastics Championships in 2013. Our facility was renovated in the fall of 2011 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 new floor exercise, new elite beams, two new LZT vaults, 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 track, 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. Please take a look at the new pictures on our gymnastics website.



JENNIFER REGAN

Jennifer Regan is in her tenth year as head women's gymnastics coach at UW-Whitewater. Coach Regan has successfully helped the Warhawks improve to a respectable position at the WIAC and NCGA level. Here are some highlights from the 2010-2011 season:

- UWW Gymnastics earns highest finish at the NCGA Championships - 2nd Place at the 2011 Division III National Championship.
- UWW Gymnastics breaks the team school record with a 190.05.
- UWW Gymnastics breaks team event scores in the vault, uneven bars, and balance beam.
- UWW Gymnastics wins their second consecutive WIAC Conference Championships in 2010 and 2011.
- UWW Gymnasts earn eight Athletic All-American honors and two Academic All-American honors at the 2011 NCGA National Championship.
- Having 13 student-athletes earn a 3.0 or higher GPA and a team GPA of 3.28 for the 2010-2011 Academic year.

Regan earned her Bachelor of Science degree in Biology from Springfield College in 1997, and her Master of Education degree, also from Springfield, in 1999. Regan 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, Regan also serves as the Chair for the NCGA. For more information, visit: www.uwwsports.com

CAMP STAFF

Robert Murray

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

Doug Brynes

- Head Coach of Hamline University and Spirit Gymnastics

Lisa Bowerman

- Head Gymnastics Coach, Texas Woman's University

Larry Corrigan

- Head Coach & Owner of Clarksville Elite Gymnastics Center
- Tennessee State Gymnastics Board Administrative Committee Chair

Russ Berndt

- Head Coach and Owner, Rising Stars Academy, Bloomington, IL

Shennette Gavi

- Level 4-10 Club Coach at Clarksville Elite Gymnastics Center

WARHAWK GYMNASTICS CAMPS 2012

Camp One (July 15-19) Camp Two (July 22-26)

Name: _____

Date of Birth: _____

School: _____

Home Address: _____

City: _____ State: _____ Zip: _____

Home Phone: _____

Cell Phone: _____

Email: _____

Grade (Fall 2012): _____ Youth T-Shirt: S M L

Adult T-Shirt: S M L XL

How did you hear about the camp:

Attended Previously Advertising Website School Other

Skill Level: Beginning Intermediate Advanced High School

USGA Level: _____

Special Needs & Comments: _____

Resident \$450 Commuter \$430

Roommate Preference: _____

Applicants are taken on a first-come, first-serve basis.

Application must include a non-refundable \$100 deposit for each applicant. The deposit amount is included in the total camp fee.

Amount Enclosed \$ _____

Make checks payable to UW-Whitewater or by phone with MasterCard or Visa.

Mastercard Visa

Credit Card #: _____

Exp. Date: _____ Name on Card: _____

Register Online: <http://camps.uww.edu>

Register by Mail: Warhawk Gymnastics Camp, UW-Whitewater, Roseman Building Room 2005, 800 West Main St., Whitewater, WI 53190

Fax: 262-472-5241

Questions: cesevents@uww.edu or 1-800-622-0350

Register by phone using MasterCard or Visa: 262-472-3165 or 1-800-622-0350 (Mondays-Fridays, 7:45 a.m.-4:15 p.m.)

I understand that the University may take photographs and/or video of event 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 events. I relinquish all rights that I may claim in relation to use of said photographs and/or videos.

Signature of Parent or Guardian: _____

Date: _____