

***Mountain Shadows
21st Annual Residential Girls Artistic
Gymnastic Camp***

***July 23rd - 27th, 2018
Junior Olympic Levels 3-7***

***At Mountain Shadows Gym Club
18 Crystalridge Drive
Okotoks, Alberta
T1S 2C3***

Our ever popular five day camp will serve the needs of gymnasts in JO levels 3-7. Our experienced staff will train skills suitable for all gymnasts wanting to progress to the next level.

About Mountain Shadows and our Camp -

We are equipped to suit the beginner to advanced gymnast. A **BIG** foam pit, tumbling run, spring floor, 3 sunken trampolines and multiple beams and bars. Camp is always closely supervised 24 hours a day by our qualified coaches. We have activities each evening including dance clinics, swimming, mini golf, etc. Our food services are on site and are provided by Duncan's Catering! He's the best in the business and your daughter won't be disappointed! The coaching staff will consist of coaches from Alberta and BC!

DON'T MISS OUT, CAMP FILLS EARLY!!

Camp info is as follows:

Gymnasts arrive after 6pm Sunday evening July 22nd or by 9am Monday morning July 23rd Pick-up is on Friday July 27th by 3:30pm. **Cost per gymnast is \$580.00** (includes food, extra activities, t-shirt and accommodation). Camp fees are due by May 1st, 2018 by cash, cheque, debit, visa or mastercard. **Cancellation fee is \$150.00.** NO REFUNDS AFTER JUNE 15TH, 2018! Confirmation letters will be mailed in mid-June, along with a detailed itinerary and camp clothing and equipment checklist.

Notes from the camp director, Jen Krause -

We are excited to offer our 21st annual camp. Each year we have capacity enrollment and find it great to see so many of our camp gymnasts competing in the province and having success. Mountain Shadows hopes that again this year we can help many of our Western Canadian gymnasts in learning new skills. To succeed in these camps, **a gymnast MUST be able to stay away from home comfortably for the duration of camp.** Remember, gymnasts are working hard in an entirely different atmosphere than that at home.

****It is definitely NOT a good situation for the gymnast to experiment with her first time away from home. Young gymnasts should practice trial nights with friends, etc. prior to coming to camp.

****Returning from summer holidays and going directly to camp is not a great idea. Gymnasts are often tired before camp even starts.

****Having a friend from your club with you helps a lot unless the gymnast is very independently minded.

****Being out of condition or behind the other camp members in skills is very difficult for the gymnast.

SO....HOW DO I REGISTER? -

Complete the form below and mail it to:

Mountain Shadows, 18 Crystalridge Drive, Okotoks, Alberta T1S 2C3

All cheques are made payable to Mountain Shadows. Registration forms can also be faxed to (403)938-0448 or emailed to msrc@telus.net. Please call Michelle at (403)938-0496 (club) if you have questions or for more information. Entries are accepted on a first come, first paid basis. Spots will not be held without payment! Get your name in NOW as camp has limited space. Meet gymnasts and coaches from Western Canada in Alberta's established and successful Residence Camp.

Mountain Shadows Summer Residence Camp - 2018

Name _____ Birthdate _____
Address _____ City/Town _____
Postal Code _____ Alberta Health Care # _____
Home Phone # _____ Cell/Work # _____
Parent/Guardian Names _____
Parents Email _____
Club Name _____
Method of Payment: Cash _____ Cheque _____ Credit Card _____
Credit Card # _____ Exp. Date _____

WAIVER:

We the undersigned parent/guardian hereby grant permission for our child to participate and do hereby authorize the MSRC staff to administer minor first aid and to select hospital and/or physician services in the event of an emergency.

Parent/Guardian Signature _____

1. Is your child under the care of a physician or receiving medication? _____

2. Please list all known allergies (food, medications, etc.) _____

3. Medical concerns influencing participation in activities _____

4. Any concerns counselors should be aware of (sleepwalking, bedwetting, etc) _____

Please circle which level your child competed this year

- JO 2
- JO 3
- JO 4
- JO 5
- JO 6
- JO 7