## PRE-ORDER UW-STOUT GYMNASTICS CAMP APPAREL

Leotard - \$44 (circle one) - Optional

\*Leotard pre-order deadline is April 15th.

Youth: S M L

Adult: XS S M L



T-shirt - \$12 (circle one) - Optional

Youth: S M L

Adult: XS S M L

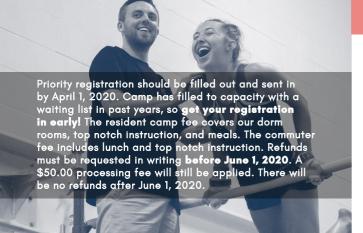


Care Package - \$29 (circle one) - Optional

\*Pre-order deadline is April 15th.

Yes No

This year we will be offering a mid-week care package. These will be delivered to their dorms. Inside they will find a personalized letter from you, the parent, snacks, a UW-Stout pop socket, and more!



#### **CAMP DATES & RATES**

\*Please note: This is not a registration form. Registration must be completed online at: aymnastics.uwstoutsportscamp.com

Week 1 (June 15 - June 19)

Resident (\$529)

Commuter (\$415)

Week 2 (June 22 - June 26)

Resident (\$529)

Commuter (\$415)

#### **LOCATION & DIRECTIONS**

The University of Wisconsin-Stout is located just off of I-94 in Menomonie, Wisconsin. It is about 60 miles east of Minneapolis/St. Paul. Overnight campers will stay in one of the dorm rooms in our UW-Stout residence halls. These halls have a secured entrance that is monitored around the clock. Two campers will be assigned to a room. Roommate requests will accommodated to the best of our abilities. All campers will stay on the same floor as their counselors. Meals are provided on campus in the Merle

#### **CONTACT US**

Sports & Fitness Center Johnson Fieldhouse 220 13th Ave E Menomonie, WI 54751

> Becky Beaulieu gymnasticseuwstout.edu Office: 715-232-2118 Cell: 715-220-0633

### FLIPS & FUN \_\_\_ - 2020 -

# UW-STOUT GYMNASTICS CAMPI

JUNE 15-19TH JUNE 22-26TH



#### **CAMP DIRECTOR**



#### **Becky Beaulieu**

JOIN THE

#### **FACILITY AND EQUIPMENT**

UW-Stout Gymnastics Camp is held on the University of Wisconsin-Stout campus located in Menomonie, WI. Training will be in the Sports and Fitness Center. This is a well-equipped facility with all AAI Elite Equipment and mats that meet NCAA standards.

- > 2 Uneven Bars > Floor Exercise
- > Single Bar
- > Channel Bar
- > Pit Bar

- > 8 Beams
- > All 20 cm Mats
- > Trampoline
- > 8 Resi Pits
- > 2 Vaults into Resi Pit
- > Tumble Strip into Resi Pit
- > Tumble Trak into Resi Pit







#### **PREVIOUS STAFF & CLINICIANS**

Seth Helland - UW-Stout Asst. Coach, Former Brainerd High

Mike Hunger - Owner of Twin City Twisters, USA Gymnastics

Geralen Stack-Eaton - Asst. Coach at the Univ. of Minnesota,

Nadalie Walsh - Head Coach at the Univ. of Illinois Sarah Shire - Head Coach at Penn State, Former Asst. Coach

**Jeff Richards** - Asst. Coach at Southern Utah, Former Asst.

Jeremy Manthey - UW-Oshkosh Asst. Coach, Former Asst. Peterson Pierre - Co-Head Coach at J&R Gymnastics, Former

Andi Dolinsky - Asst. Coach at Airforce

Louie Johnson - Former Asst. Coach at Univ. of Minnesota Caleb Phillips - Asst. Coach at the Univ. of Washington, Former

Eduardo Ovalle - Former Head Coach at MIT

Julie Castellano - Former Coach at Roseville High School Brittney Emmons - Asst. Coach at William & Mary

Doug & Beth Bucholtz - Coach at Flipstar Gymnastics Club Nicole Whitaker - Dance Instructor and Professional Dancer in

Jonny Cann - Professional dancer from Connecticut



#### **Schedule**

Monday	Check in at Gym & Dorms	10:00-11:30
	Get settled in room, Grab lunch, Head to Gym	11:30-12:30
	Afternoon Workout, Skill Check, Groups, Goals	12:30-5:30
	Dinner	5:30-6:00
	Evening Activity	6:30-8:00
	Floor Meeting with Counselor	8:15
Tuesday/	Breakfast & Head to Gym	8:00-9:00
Thursday	Morning Workout	9:00-12:00
	Lunch Break	12:00-1:30
	Afternoon Workout	1:30-4:15
	Open Gym	4:15-5:00
	Dinner	5:00-6:00
	High Ropes Course	4:30-9:00
Wednesday	Breakfast & Head to Gym	8:00-9:00
	Morning Workout	9:00-12:00
	Lunch	12:00-1:00
	Optional Open Gym	1:00-2:00
	Head to Wakanda Waterpark	2:00-5:00
	Dinner	5:15-6:00
	Evening Activity	7:00-8:00
Friday	Breakfast & Head to Gym	8:00-9:00
	Show - Blue Devil Day	9:00-11:15
	Check Out of Dorms	11:30
	(Pack up, and Head Home)	

gymnastics.uwstoutsportscamps.com