

# SUMMER CAMP

2020

Senior - 13-16 January ♦ Junior 16-18 January ♦ 2020

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**JUMP START YOUR 2020 SEASON WITH THE  
AWESOME COACHING TEAM AT TRI STAR!**

Expert coaching  
Educational workshops  
World class facility  
Beach games + burgers  
Make friends!

Lead coaches:  
Milo Johnson (WAG)  
Misha Koudinov (MAG)  
Xiao Gang Wang (Tumble)  
Angie Dougal (Tramp)

## Surprise guest speaker!

Register before December 8, [team@tristar.org.nz](mailto:team@tristar.org.nz)



# Information

## Senior Camp

**13-16 January, 2020**

**\$240**

**WAG: Step 7+**

**MAG: Level 7+**

**Tramp & Tumble: 11yrs +**

Includes 19 hrs training, sleep over, guest coaches, Taco lunch with motivational speaker, training shirt.

## Junior Camp

**16-18 January, 2020**

**\$200**

**WAG: Step 4-6**

**MAG: Level 3-6**

**Tramp & Tumble: 8 - 10yrs**

Includes 12 hours training, sleep over, guest coaches workshops, Taco lunch with motivational speaker, training

## Location

Tri Star Gymnastics is located at 55 Arundel St, Mt Roskill, Auckland. Our facility is located in Keith Hay Park which is a popular recreational park for soccer, swimming, cricket kids playgrounds and of course gymnastics.

## Nutrition

Please send your athlete with a drink bottle & food for breaks so we don't have anyone keel over from lack of fuel! We allow athletes to have snacks during training sessions (such as a quick bite of a muesli bar or banana).

## Taco's

We'll be chomping down on yummy soft shell Tacos while listening to our guest speaker! Make sure to communicate clearly any special dietary requirements you may have in the food allergies section of registration.

## Injuries

It is normal in gymnastics to be carrying injuries of varying degrees but don't let that stop you from attending Summer Camp! Simply communicate your specific injury considerations to the camp coaches and they will modify / alter the exercises to meet your needs. Please don't suffer in silence!

## Stay over options

For those junior and senior camp athletes staying over, please note that this is back packer style accommodation with crash pads in the gym as your choice of 'bed'. We will have male and female supervision for all stay over nights. Parent help welcome.

Please remember to bring ...

- Sleeping Bag
- Pillowcase (& pillow if you prefer your own).
- Usual toiletries & towel for shower (we have good, private, shower facilities at the club).
- Personal entertainment, (personal devices are encouraged but we will ask them to be put away at lights out!) We will have movies available also.
- Money for entry to the pool complex next door as you will have time in the mornings to visit.
- Please remember to fill out the food allergies section of registration so we can make sure to cater to your specific needs.
- N.b. Stay over athletes will have their shared meal contribution provided for them.

## Beach games & sleepover Remember to bring ...

- SENIORS: \$ for your choice of meal at Mission Bay
- Sleeping Bag
- Pillowcase (& pillow if you prefer your own).
- Usual toiletries & towel for shower (we have good, private shower facilities at the club).
- Teddy bear ;0)
- Movie snacks.

**Please note we will now run our Future Camp in October 2020.**



# Registration

## Personal Details

Athlete \_\_\_\_\_

Club \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Age \_\_\_\_\_

MAG / WAG / TRA / TUM \_\_\_\_\_ Level / Age group (2019) \_\_\_\_\_

Food Allergies / Considerations \_\_\_\_\_

Personal coach attending Y / N

SINGLET SIZE (please circle) Child 6 8 10 12 14 16 Adult S M L

## Medical Consent

In the unlikely event of an injury, or illness occurring while the gymnast (listed at the top of this form) is participating in gymnastics at Tri Star Gymnastics, we will make every effort to contact the emergency contact (below) as soon as possible. By signing this form you authorise the Club and Staff to administer such first aid as it considers necessary. I have read and consent to the above.

Athlete / Parent Signature (if U16) \_\_\_\_\_

Emergency contact name \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

## Select your Summer Camp

**SENIOR CAMP \$240 (MAG / WAG)** \$ \_\_\_\_\_  
(19 hrs training, workshops, Taco's & motivational speaker, training shirt, beach games + sleepover)

**SENIOR CAMP STAY OVER OPTION \$440** \$ \_\_\_\_\_  
(includes all the above + 2 nights accommodation at the gym + breakfast, lunch & dinner, )

**JUNIOR CAMP \$200 (MAG / WAG )** \$ \_\_\_\_\_  
(12 hrs training, workshops, Taco's & motivational speaker, training shirt, beach games + sleepover)

**JUNIOR CAMP STAY OVER OPTION \$340** \$ \_\_\_\_\_  
(includes all the above + 1 night accommodation at the gym + breakfast, lunch & dinner, )

**SUMMER CAMP GEAR BAG \$10** # \_\_\_\_\_ \$ \_\_\_\_\_

**EXTRA PARENTS / CHILDREN TO JOIN US FOR MOTIVATIONAL SPEAKER \$15 pp** # \_\_\_\_\_ \$ \_\_\_\_\_

**TOTAL SUMMER CAMP PAYMENT** \$ \_\_\_\_\_

All payments can be made to Tri Star ASB **12 30430221616 02**. Reference 'SC'. All registrations **due 8 December, 2019**. Email [team@tristar.org.nz](mailto:team@tristar.org.nz) PH 09 6254354. Any payment received after the 8 December will incur a **\$40 administration charge**.