



FUTURE CAMP

2020

MAG Precomp-L3, WAG S1-S3, Novice Comp, Freestyle
5-7 October 2020

**JUMP INTO FUTURE CAMP WITH THE
AWESOME COACHING TEAM AT TRI STAR!**

Expert coaching
Guest speakers
World class facility
Heaps of fun
Make new friends

Lead coaches:
Milo Johnson (WAG)
Alexandra Koudinova (WAG)
Misha Koudinov (MAG)
Byrin Henry (Tumble)
Leo Rodrigues (Tramp)

Limited numbers get in quick!

Register online before 25 September www.tristar.org.nz



Information

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5-7 October, 2020

\$135

WAG: Step 1-3

MAG: Level 1-3+ Precomp

Novice Comp: all levels + invited GFA athletes

Freestyle: Ages 7+

Includes 8 hrs training, top coaches, guest speakers, shared lunch + games, training shirt.

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.

Schedule

Monday 5th October – 11:15am – 4:30pm

Tuesday 6th October – 11:30am – 4:30pm

Wednesday 7th October – 11:30am – 3:30pm

Full Timetable coming soon.

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).

Shared Lunch

We will be having a shared lunch on the last day of camp (Wednesday 7th). Please bring a plate to share. If your child has specific dietary requirements, please ensure they bring food for themselves.

Injuries

It is normal in gymnastics to be carrying injuries of varying degrees but don't let that stop you from attending Future 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!

Registration

To register for the camp please [click here](#). If you are unable to fill in the online form, please fill in the form on the following page, scan and email to team@tristar.org.nz.

Registration closes Friday 25th September at 5pm. There are limited numbers so first in first served.



Registration

Personal Details

Athlete (Full Name) _____

Club _____

Phone _____

Email _____

Age _____

MAG / WAG / NOVICE / Freestyle (circle one) Level / Step (2020) _____

Food Allergies / Considerations _____

Personal coach attending Y / N

T-shirt Size (please circle) Child 2 4 6 8 10 12 14 Adult XS S M L XL

Do you consent to photos taken of your athlete at camp being published? NO / YES / GROUP PHOTOS ONLY (circle one)

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 _____ Contact Number _____

Signature _____ Date _____

Payment

All payments can be made to Tri Star ASB **12 30430221616 02**. Reference 'FC "last name"'. Registrations and payment is due **25 September, 2020**.

Any queries email team@tristar.org.nz or call **09 6254354**.

Registrations and/or payments received after the closing date may not be accepted due to numbers. If they are accepted we will not be able to provide a training shirt.