

# Summer Camp



# 2021

## 14 - 16 January

**WAG** Step 3-5 | **Tramp + Tumble** 8-12 years | **MAG** Level 4-6

**JUMP START YOUR 2021 SEASON WITH THE  
AWESOME COACHING TEAM  
AT TRI STAR**

**EXPERT  
COACHING**

**WORLD CLASS  
FACILITY**

**EDUCATIONAL  
WORKSHOPS**

**PICNIC AT THE BEACH**

**MAKE NEW FRIENDS**

## COURTNEY MCGREGOR

**2016 OLYMPIAN**

**GUEST COACH AND SPEAKER**



Rio2016

Rio2016

**REGISTER BY 12 DEC @ [WWW.TRISTAR.ORG.NZ](http://WWW.TRISTAR.ORG.NZ)**

# Summer Camp



## Info 14 - 16 January

**WAG** Step 3-5 | **Tramp + Tumble** 8-12 years | **MAG** Level 4-6

**\$220** Includes 12 hours training, guest coaches, educational workshops, picnic at the beach and a training shirt

**Thurs 8.30am-4.30pm** | **Fri 9.00am-6.30pm** | **Sat 9.00am-12noon**

### **This camp is for competition athletes only**

#### **Location**

Tri Star Gymnastics is located at 55 Arundel St, Mt Roskill, Auckland. Our facility is located in Keith Hay Park.

#### **Nutrition**

Please send your athletes with a drink bottle and 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 muesli bar or banana).

#### **Injuries**

You may have current injuries of varying degrees, but don't let that stop you from attending Summer Camp! Simply communicate your specific injury concerns in your sign up sheet and to the coaches and we will modify the exercises to meet your needs. Please don't suffer in silence!

#### **Beach Picnic**

On the Friday afternoon we will head to Mission Bay for a beach picnic. Please bring a plate of food to share. Parents you will need to pick up your athletes from the gym and stay with them at the beach.

**REGISTER BY 12 DEC @ [WWW.TRISTAR.ORG.NZ](http://WWW.TRISTAR.ORG.NZ)**

Please note we will now run our Senior Camp (MAG 7+, WAG 6+, T&T 13+) in October 2021