

Spring Camp



tristar
GYMNASTICS

2021
4 - 7 October

WAG Step 7+ | MAG Level 7+ | T&T 12 years +

**WANTING TO LEARN SOMETHING NEW?
COME TO SPRING CAMP AT TRI STAR AND
LEARN FROM SOME OF THE BEST!**

**GUEST COACH AND SPEAKER
OLYMPIAN COURTNEY
MCGREGOR**



**AWESOME COACHES
RECOVERY TRAINING
LEARN NEW SKILLS**

**HIGH ENERGY TRAINING
FOAM PIT!
BUILD GREAT FRIENDSHIPS**

[REGISTER BY 10 SEP @ WWW.TRISTAR.ORG.NZ](http://WWW.TRISTAR.ORG.NZ)

Spring Camp Info



WAG Step 7+ | MAG Level 7+ | T&T 12 years +

\$260 Includes 18 hours training, guest coaches/speakers, games, sleepover, pizza dinner and a training shirt

Mon 1pm-8.30pm

Tues 1.30pm-8.30pm

Wed 1pm - Thurs 1pm

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 encourage 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 Spring 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!

Pizza Dinner and Sleepover

On the Wednesday evening we will have a pizza dinner, please specify any dietary requirements on your signup sheet. We will also be sleeping over in the gym on Wednesday night! More information will be released with the full schedule.

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