

Gymnast _____

T-shirt size (Circle one)

Address _____

YS YM YL AS AM AL

City _____

State _____

Zip _____

Phone: _____

Age: _____

D.O.B _____ Grade in school next year _____

Please circle the level that best fits this gymnast:

No Experience Beginner Intermediate Advance Pre-Team Current Gym _____

I understand that gymnastic activity carries a risk of serious or fatal injuries. I, intending to be legally bound, hereby waive, release, and forever discharge all rights and claims against Twisters Gymnastics Camp instructors and Grand Island Twisters School of Gymnastics for damages and injury to my child while participating in gymnastics camp, whether the incident occurs on the premises or traveling to and from the premises.

Parent Name _____

Parent Signature _____ Date: _____

**Grand Island Twisters
321 Stagecoach Road
Grand Island, NE 68801**

TWISTERS SUMMER CAMP



**Girls
Gymnastics
Mini Camp
June 14th-16th
2024**

Directed by Peggy Splattstoesser
Recreational Director
Twisters Gymnastics
321 Stagecoach Road
Grand Island, NE
308-381-0217



FEE: \$165.00 if pre-paid by May 28th 2024. \$200.00 after May 28th. This camp includes all day activities at Twisters, a camp t-shirt, and demonstrations by guest coaches. Housing is NOT included.

Registration: Registration begins April 1st. A \$50.00 non-refundable deposit is required to secure a spot. Space is limited and this camp fills fast, so register early!!

Registrations are due by June 1st. Please fill out the form on this brochure and drop off or mail to Twisters Gymnastics with the deposit included. **Cash or check only for this camp.**

Facility: 12,900 sq. foot air-conditioned building plus a 10,000 sq. foot addition with state of the art gymnastics equipment which provides a great opportunity for young athletes to combine learning with a fun filled day of gymnastics & the days always end with a recreational activity.

Eligibility: Girls entering 1st grade through teens are eligible to attend. No experience necessary, just a willingness to learn gymnastics in a fun and positive atmosphere.

Philosophy: An expert staff will provide a fun, safe, and exciting experience for each camper at all levels. The camp staff will give each camper the opportunity to learn the most updated skill progressions on all events. Campers will be placed in groups according to ability.



TWISTERS GYMNASTICS

DAILY SCHEDULE

- 30 Minute Warmup/stretching
- 4- 30 Minute Gymnastics rotations
- 30 Minute Open gym time
- 30 Minute Snack/craft
- 30 Minute Recreation/conditioning

FRIDAY: 1:00pm-5:00pm
SATURDAY: 8:30am-12:30pm
SUNDAY: 8:30am-12:30pm

This camp will provide 4 hours of building new skills and perfecting old ones. This will help the gymnast get a head start for next years class level.

CAMPERS NEED TO BRING:

- Water bottle
- Positive attitude
- And a smile :)



CAMP STAFF

Lauren Greenwalt: Lauren is a former Twister and as a Twister she was a Level 9 & 10 National Qualifier. Lauren was a member of the Southeast Missouri State University gymnastics team. She is a USAG coach at Twisters and previously coached in Lincoln NE. Lauren brings to camp a great knowledge of upper level gymnastics as well as a love for teaching young gymnasts!

Peggy Splattstoesser: Recreational Director at Twisters gymnastics. Peg has over 30 years of coaching experience with all ages and levels of gymnastics. She is safety certified through USAG. Peg brings enthusiasm and knowledge to the sport of gymnastics for all ages!

Brittany Rice: Assistant competitive coach at Twisters Gymnastics. She has over 15 years coaching experience and brings a positive and exciting coaching technique to the camp. Currently safety certified through USAG.

Amanda Kocourek: Amanda is a former Twister herself! She has coached off and on in Hastings and in Grand Island over the years and is now a full time Assistant competitive Coach at Twisters. Amanda brings a fun and positive approach to gymnastics. She is safety certified through USAG.

Mira Mauser: Mira is a competitive Twisters Alumni and has been coaching for 5 years. She is a positive motivator and brings enthusiasm into our gym and this camp! Mira is safety certified through USAG.

Kellee Vodehnal: Kellee is a competitive Twisters Alumni and as a Twister she was a Level 8 State champ! She is an ACE certified personal trainer and brings a ton of knowledge surrounding strength, conditioning, and nutrition. Kellee is safety certified through USAG.

Goals I want to achieve at camp!!

1. _____
2. _____
3. _____