

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 _____
Level competed in 2024 _____ Training level _____
Club Name _____

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 Team Camp July 7th-10th 2024

Directed by Ricardo Appel
Head Coach & Owner
Twisters Gymnastics
321 Stagecoach Road
Grand Island, NE
308-381-0217



FEE: \$290.00 if pre-paid by June 10th, 2024. \$325.00 after June 10th. 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 \$75.00 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 17th. 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: 12,600 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 fun filled day of gymnastics & the days always end with a recreational activity.

Eligibility: Girls 6 years - teens are eligible to attend.
GYMNAST MUST BE TRAINING USAG LEVEL 3 AND ABOVE.

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

- 8:30-9:00 Warm up/stretching
- 9:00-12:20 5 x 40 minute rotations
- 12:20-1:15 Lunch Break (bring sack lunch)
- 1:15-1:45 Gymnastics Clinic
- 1:45-3:00 Open gym workout
- 3:00-4:00 Daily indoor/outdoor recreation activities

CAMPERS NEED TO BRING:

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

CAMP STAFF

Ricardo Appel (Director): Owner, camp director, & head coach of Twisters competitive program. Ricardo has coached many state champions and also qualified many gymnasts to the Regional and National level. He has proudly produced two national champions.

Peggy Splattstoesser: Recreational Director at Twisters gymnastics. Peg has over 20 years of coaching experience all ages and levels of gymnastics. Peg brings enthusiasm and knowledge to the sport of gymnastics. She is currently safety certified through USAG.



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!

Brittany Rice: Assistant competitive coach at Twisters Gymnastics. She has over 10 years coaching experience and brings a positive and exciting coaching technique to the camp. Currently safety certified through USAG.

Melanie Peetz: Owner & head coach at Star Spangled Gymnastics in O’Neill, Ne. Former Chadron State College gymnast. She has coached gymnastics for over 25 years. Mel specializes in tumbling techniques.

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.

Jesus Vazquez “Coach V”: We are fortunate to have Jesus help us here at Twisters with coaching our USAG Girls Teams. Jesus is a highly sought after gymnastics consultant and clinician across the nation. He has 40+ years of coaching experience at numerous gyms and was also the Director at Lake Owen Gymnastics Camp in Wisconsin for 15 years. He brings the technical side of gymnastics to camp with a colorful flair.

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.

Goals I want to achieve at camp!!

1. _____
2. _____
3. _____