

First Annual Competitive Summer Camp

General Camp Information

Drop off: Sunday, August 14 by 6:00 p.m.

Pick up: Saturday, August 20 by 1:00 p.m.

Cost: \$875.00 per gymnast

Includes training tuition, food and accommodation, all activities and camp water bottle

Age: 9 years+ (athletes must be comfortable staying away from home for a week)

Level: JO 3 and up

Female athletes only

Coaching Staff:

Ashley Sportun, Camp Head Coach

Keenan Pascos, Camp Coach

Aundrea Dube, Activities and overnight director

Other Guest coaches will be announced

Location:

Canmore Illusions Training Facility

1900 8 Ave, Canmore, AB T1W 1Y2

(403) 678-4466

www.canmoregymnastics.com

For more information please contact

ashley@canmoregymnastics.com

To register: please go to the following link:

<https://zone4.ca/reg.asp?id=12086>



Quality gymnastics training
and so much more!

Come see what Canmore has to offer!

Space is limited, so register early
to secure your spot!

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FIRST ANNUAL COMPETITIVE SUMMER CAMP

August 14 - 20, 2016

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early to secure your spot!



Canmore Illusions Gymnastics Club

Canmore Illusions Gymnastics boasts a brand new 12 thousand square foot facility that includes a 40 x 40 sprung floor, in ground trampoline into pit, rod floor into pit, vault into pit, fully equipped beam area, pit bars and 2 sets of uneven bars.

Camp Itinerary

Sunday, August 14

- 6 p.m. Drop off
- 7 p.m. Camp welcome, introduction of staff and facility tour
- 7:30 p.m. Athletes settle in
- 8 p.m. Snack, icebreaker games, movie night
- 10 p.m. Lights out

Monday, August 15

- 8 a.m. Breakfast
- 9 a.m. Training assessments and group placements
- 10:30 - 1 p.m. Group training
- 1 p.m. Lunch
- 2 p.m. Depart for Grassi Lakes hike
- 5 p.m. Dinner
- 6 p.m. Evening activity (craft/skit night practice)
- 8 - 10 p.m. Free time in the gym
- 10 p.m. Lights out

Tuesday, August 16

- 8 a.m. Breakfast
- 9 - 1:30 p.m. Training
- 1:30 p.m. Picnic lunch outside
- 2 p.m. Depart for Quarry Lake
- 4:15 p.m. Dinner
- 5:15 p.m. Depart for Elevation Place for climbing and swimming
- 10 p.m. Lights out



Wednesday, August 17

- 8 a.m. Breakfast
- 9 - 1:30 p.m. Training
- 1:30 p.m. Pizza Lunch
- 2 p.m. Depart for rafting in Kananaskis
- 5 p.m. Dinner
- 6 p.m. Skit practice
- 7 p.m. American Ninja Warrior Contest for prizes!
- 9 - 10 p.m. Free time and ice cream social
- 10 p.m. Lights out

Thursday, August 18

- 8 a.m. Breakfast
- 9 - 1:30 p.m. Training
- 1:30 p.m. Lunch
- 2 p.m. Depart for Canmore Nordic Center for mountain biking and disc golf excursion
- 5:15 p.m. Dinner
- 6 p.m. Hula Hoop lesson and Acro Yoga lesson
- 8:15 p.m. Gym games (hide and go seek, capture the flag, fort building)
- 10 p.m. Lights out



Friday, August 19

- 8 a.m. Breakfast
- 9 - 1:30 p.m. Training
- 1:30 p.m. Lunch
- 2 p.m. Slack lining in the park at Lions Park, ice cream bus
- 5 p.m. Dinner
- 6 p.m. Practice for skit night
- 7 - 9:30 p.m. Non-gymnastics talent and skit night show!
- 9:30 p.m. Free time
- 11 p.m. Lights out!

Saturday, August 20

- Sleep in!
- 9:30 a.m. Pancake breakfast
- 10:30 a.m. Clean up and pack up!
- 11 a.m. **Welcome Parents!**
New skill show, group dances, favourite skits and camp awards!
- 1 p.m. **Athletes depart!**