

CAMP APPLICATION

Name _____

Address _____

City _____ State _____ Zip _____

Home Phone _____

Parent's Name _____

Age _____ Birth date _____ 2014 Level _____

E-mail Address _____

Gym _____

Coach _____ Phone _____

Camp Session : June 22 - June 26 (circle one)

Resident Commuter

_____ Bar Developmental Add On June 23-27

_____ Bar Release Add On June 24-27

Deposit Amount \$ _____ Check _____
(\$250.00 Non Refundable Deposit)

T-Shirt Size: YM YL AS AM AL

Have you attended Chicago Style Camp Before?

Yes No

Make Checks or Money Orders Payable to:

2014 IGI CHICAGO STYLE GYMNASTICS CAMP

145 Plaza Drive
Westmont IL 60559

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Phone: (630) 325-3333

Fax: (630) 325-1992

Email: donh@igigymnastics.com

Typical Daily Schedule

8:30 - 9:15 Stretch-out & Warm-up
9:15 - 10:00 Rotation 1 - Vault
10:00 - 10:45 Rotation 2 - Bars
10:45 - 11:30 Rotation 3 - Beam
11:30 - 12:15 Rotation 4 - Tumbling
12:15 - 1:15 Lunch
1:15 - 1:30 Stretch-out & Warm-up
1:30 - 2:15 Rotation 5 - Dance
2:15 - 3:00 Rotation 6 - Tramp
3:00 - 3:45 Rotation 7 - Conditioning
3:45 - 4:00 Cool Down Stretch & Goals

Gymnasts will do 7 Rotations including each event, every single day in various orders.

Commuter gymnasts should arrive daily, no later than 8:45 and can be picked up by 4:15.

Thursday Dance Exhibition

Thursday afternoon from 2:30 - 3:00, parents and friends are invited to come and watch each group demonstrate the dance they learned at camp. Following we will have the Gymnast Awards ceremony and photos.

Bar Camp Add-on Schedule

Developmental Bar Camp

Monday 3:30 - 5:30

Wednesday 3:30 - 5:30

Friday 9:00 - 2:00

Release Bar Camp

Tuesday 3:30 - 5:30

Thursday 3:30 - 5:30

Friday 9:00 - 2:00

Illinois Gymnastics Institute's 2014 Chicago Style Gymnastics Camp

June 22 – June 26



Special Guest Coach!
Tammy Biggs
USA National Team Coach

"Chicago Style"

Come train in the finest training facility in Illinois. Chicago Style Gymnastics Camp is a safe, fun and energetic progression driven camp.

Girls ages 6 to 18 years of age and of all ability levels are encouraged and invited to participate.

Staff

Our Staff is comprised of highly-skilled coaches from clubs and colleges who coach all levels from beginners to elite, as well as our very own IGI coaching staff.

Todd Gardiner

Established IGI in 1979

Head Coach & Owner.

USA National Staff Member

USAG Elite Chairman

USAG Ethics committee member

Clinician at National Developmental Team Training Camps, National JO Training Camps, and Region 5 Training Camps, and Congresses 1976 National Trampoline Champion.

Trained more than 75 gymnasts who received Full Scholarships to college.

Numerous JO National Champions & National Team Members.

Coached gymnast's in every JO Nationals since 1984.

Awards and Honors:

Region 5 HALL OF FAME: Inducted in 2011

Region 5 J.O. COACH of the YEAR: 1988, 1989-1990, 1999-2000

Region 5 ELITE COACH of the YEAR: 2002

USA Gymnastics ELITE COACH of the YEAR: 2002, 2004

Region 5 CONTRIBUTOR of the YEAR: 1989, 1990, 1999, 2003

U.S. Elite Coaches – International COACH of the YEAR: 1990, 2003.

U.S. Elite Coaches Association- Video Contributor 1997

Previous Camp Coaches

Tammy Biggs - National Training Team Staff

Neil Resnick - Boise State & National Team Staff

Patty Resnick - Boise State University Staff

Don Houlton - Former College & Club Coach

Doug Miller - Former Club Owner & IGI Coach

Kurt Aichele - Former IGI Coach

Jeff Hunt - Southern Utah University Assistant

Luminita Garcy, 1996 Olympic Coach

Bill Lorenz - Ohio State University Assistant

Steve Nunno - USA Olympic Coach

Josh Nilson - Texas Women University Assistant

Peter Jansson—UIC Head Gymnastics Coach



Why "Chicago Style" Gymnastics Camp?

IGI has compiled a top notch coaching staff, with an incredible training facility, at a reasonable cost. Not to mention it's a ton of fun!!! We encourage entire teams to join us for the week including their coaches. The reality is that the discipline necessary to achieve the intended results must be brought back with the athletes into their own gym. This helps the gymnasts bring as much of the "feel" back with them along with new drills, training techniques.

Facilities

Illinois Gymnastics Institute's 35,000+ square foot facility is designed to provide FOCUSED gymnastics training in a SAFE, PROGRESSION ORIENTED environment. Our gym has 3 vaults into; loose foam, in-ground resi pit and an elevated drill station. Three regulation uneven bars, one over in-ground resi pit. Channel pit bar with sliding platforms, three high single bars, two over resi, one into loose foam, two strap bars, and two low single bars, eleven high beams, one dismounts into foam pit and another into resi. Three low beams. Three spring floors, one oversized with tumbling into two in ground resi-pits, 80' rod floor and 60' Tumble Trak, both into loose foam. Two in-ground hot bed trampolines, one into foam and the other into resi pit.

Housing Information

Resident Campers will be staying a short ride from IGI. All meals are provided, lunches are served at the gym. For your convenience money can be placed in an individual account ahead of time (cash or check only). All remaining funds are returned on Thursday.

Resident Transportation

Resident Camper transportation is provided starting on Monday.

Commuters

Commuters are those campers who do not wish to stay in the residence facility. These campers participate in all camp activities. They must provide their own transportation each day.

Camp Fees

Resident - \$725

Fee covers camp instruction, meals, lodging and transportation from hotel to gym (no transportation or food is provided on Sunday).

Commuter - \$625

Fee covers camp instruction and lunch.

Uneven Bar "Add-On" Clinics

Bar Release "Add-On"

Offered for gymnasts who have competed Level 8 and up. Over 2 hours of additional training two nights during the week, and an entire additional day on Friday - June 27th. Training will focus primarily on release moves on uneven bars. Enrollment is limited.

Cost: \$250.00



Developmental Bar "Add-On"

Offered for those who have competed in Level 4, 5, 6 or 7 (must have a kip). Over 2 hours of additional training two nights during the week, and an entire additional day on Friday — June 27th. Training focuses on swing skills for bars. Enrollment is limited.

Cost: \$250.00

Payment and Refund Policy

Check or Cash is the only form of payment accepted for camp.

Due to a limited enrollment, it is suggested that gymnasts interested in attending should register and reserve a space as soon as possible.

Please remember: Enclose Camp application, deposit of \$250.00 per camper for application processing, please designate Commuter or Resident.