



Summer Camp 2017

Dear Gym-Masters Camper:

We are excited you have chosen to come to Gym-Masters Camp this summer!

This amazing week will be packed with physical challenge. We recommend that you are in a conditioning program (stretching and calisthenics) for at least three weeks prior to camp to maximize the opportunity.

Your days will be filled with coaching and practice at Southern Adventist University's (SAU) state of the art gymnastics gym. Coach Schwarz, of the dynamic SAU Gym-Masters, will help you take the next step in your gymnastics skills development.

Each evening, you'll enjoy Fun Times and amazing campfire programs at Cohutta Springs. The commute to the gym is just enough time to wind down, drink a bottle of water and talk to friends about your day.

Please bring with you to Sunday Check-In, **SAU's Consent and Release form**. You'll find this form in your confirmation email.

If you have any questions, please call our Calhoun office at 706-602-7346. We are looking forward to seeing you at camp!

Sincerely,

A handwritten signature in black ink that reads "Rob Lang". The signature is fluid and cursive, with the first letters of the first and last names being capitalized and prominent.

Rob Lang
Camp Director