



Summer Camp 2017

Dear Gym-Masters DAY Camper:

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

This amazing week will be packed with physical challenge. You'll enjoy working out 5 hours a day (**10:30am - 4:00pm**) Monday-Friday. 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 in Collegedale, TN. Coach Schwarz, of the dynamic SAU Gym-Masters, will help you take the next step in your gymnastics skills development.

Check-in takes place Monday, July 3, at 10:15 am at Southern Adventist University's Hulsey Wellness Center. Please have your parent sign the attached **Consent and Release Form** and bring it with you at check-in. **Don't forget to bring a sack lunch with you each day.**

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

Sincerely,

Rob Lang
Camp Director