

Frequently Asked Questions that have not been covered in the camp brochure:

Q: How shall I send my child's medications?

A: If your child has any medications, we ask that you go to our website to download the medication form. Please include one copy of the medication form with the other medical forms and place one form in the Ziploc bag with your child's medication. You will bring the Ziploc bag with form and medication to the athletic trainer on the first day of camp.

Q: Where do Commuter's meet on the first day of camp? And where do I drop off/ pick up my son each day?

All campers should meet at Cooke Hall at the assigned times. A full weekly schedule and registration information will be sent to each camper. For sample schedule please go to our website: www.mgtcgymnastics.com. Resident campers will need to check-in to Frontier Hall before the first workout.

Anyone who will have the responsibility of dropping off or picking up a child(ren) should attend the first few minutes of the first day of camp. We will hold a parent orientation at the beginning of the first day of camp. The orientation will include a walk-through of where to safely drop-off and pick-up campers, and other pertinent information.

Q: Are breakfast and dinner included in the Commuter fee?

Session 1:

Breakfast is not included in the commuter tuition. Lunch and Dinner are included in the commuter fee. Meal cards are held by the instructors so that they will not be lost, thus all campers must eat as a group at the assigned meal times.

Session 2:

Breakfast is not included in the commuter tuition. However, both Lunch and Dinner are included in the fee. Meal cards are held by the instructors so that they will not be lost, thus all campers must eat as a group at the assigned meal times.

Q: What's available at meal times?

Centennial Restaurant offers late night dining Sunday through Thursday until midnight. Centennial offers a traditional menu offering comfort foods, an expansive salad bar, self-serve deli and also features pizza daily. Pioneer offers an upscale made to order deli, a build-your-own pizza station, expanded grill menu and all entrées are prepared exhibition style. Pioneer is open Monday through Friday.

University Dining Services - Menus & Nutrition Questions:

udsmenus@umn.edu

Phone (612) 626-8977

PIONEER DINING HALL

EAST BANK CAMPUS SUPER BLOCK

Manager: 612-624-5420

[I have food allergies/restrictions. What should I do to make sure I don't eat something I shouldn't?](#)

If you are a student living in the residence halls, please contact University Dining Services at 612-626-8977. Our Health and Wellness Coordinator, Jenna Brott, will be happy to meet with you regarding your specific concerns and needs. You may also ask the managers at any of our retail or residential locations for assistance.

Q: Can I have lunch or dinner with my son?

Parents are welcome to come to Pioneer Hall to have lunch or dinner with their son(s). Meals are available for purchase.

Q: What will the campers do during the evening activity?

Gymnasts will be given the opportunity to decide which new skills they would like to work on during this open practice time. Coaches will be available to help teach and spot new and improving skills.

Some other fun and educational evening activities may include: contests and games, mini-clinics to work on gymnastics techniques, and more. We are also planning other exciting events such as a spectacular gymnastics demonstration from the Golden Gophers Men's Squad and an always popular pool outing. We have hired a lifeguard and the boys and coaches will have a blast playing in the water.

Q: What will the boys do from lunch-1:15pm (after lunch)?

A: The commuters will be escorted to the air-conditioned Frontier Hall to participate in some relaxation time after lunch. There will be games available such as ping-pong, foos-ball, and billiards in the recreation room of Frontier Hall. There is an outdoor basketball court for pick-up games and a piano room that proved to be very popular last year. There is also a television in the recreation room of Frontier Hall. Resident gymnasts will be allowed to spend some or all of this time in their dorm rooms.

Q: Should I send snacks with my son?

Yes, snacks are a good idea. Note: if you send a reusable water bottle please mark clearly with your child's name.

Q: Are Cell Phones allowed?

Yes, however.... We strongly encourage you to require your child to talk to a counselor before calling home. A camp counselor is going to be able to better help your child than you will be able to after 10pm and before 7am. Talking with a counselor and asking for help builds life skills in your child and helps them to grow as individuals.

Q: What if my son loses his room key or meal card?

There is a charge to replace lost/stolen keys and meal cards. You will be responsible for paying for a new key and/or meal card. The cost to replace a key is \$40.00. The cost to replace a meal card is \$25.00-\$40.00 (rates subject to change).