

Registration Form

2012 Minnesota Gymnastics Training Center's Boys' Summer Gymnastics Camp

Circle C or R and Dates: **Commuter: \$395** **Resident Fee: \$495** **Session 1 (6/17-6/21)** **Session 2 (6/21-6/25)**
 Discount for attending both sessions: \$25 How did you hear about camp? Friend / Search / USAG Website / Facebook
Applications must include a \$75 non-refundable deposit (\$150 for both sessions) to be applied to the price of camp. Do Not Send Cash. The remainder of camp fees & Participation forms must be received by May 19th, 2012 to ensure enrollment.

Gymnast's Last Name: _____ Birthdate: ____/____/____
 Level Competed 2012: ____ T-shirt Size: Child ____ M ____ L ____ Adult ____ S ____ M ____ L ____ Roommate request: _____
 Address: _____ City: _____ State: _____ Zip: _____
 Mother's Name: _____ Cell # (____) _____ Father's Name: _____ Cell # (____) _____
 Email: _____ Home Phone: (____) _____ Gym Name: _____
 Emergency Contact: (____) _____ Name: _____ Other: (____) _____
 By signing below I give permission for my son's photograph to be used for MGTC publications, website, brochure and other publications such as these. I understand that names will not be used by MGTC with the photographs.
 Signature: _____ Date: _____, 2012

Minnesota Gymnastics Training Center, LLC was founded by Mike Burns and Konstantin and Stefny Kolesnikov. MGTC is a small gymnastics enterprise aimed at offering high-quality instruction and educational experiences to aspiring gymnasts. We view ourselves as partners with our athletes, employees and the gymnastics community. We aim to become a regionally respected name by offering innovative camps, clinics and classes.

EXPERT COACHES

At MGTC, we surround our athletes with talent. In addition to our two main coaches, we are proud to boast about the veteran coaches and superior student-athletes who coach at our camps. The U of M has an impressive team of superb gymnasts, and we are fortunate to have some of them join us to share both their expertise and enthusiasm. These supporting trainers not only share their athletic talents, but they also act as strong role-models for aspiring gymnasts. By taking part in MGTC's summer camps, you are entering an encouraging atmosphere of skill and success.

ELITE COACHING STAFF

MIKE BURNS

Mike Burns brings over 35 years of coaching experience to our camp. Currently he is the Head Coach of the Minnesota Men's Gymnastics team and President of the Collegiate Gymnastics Association. His coaching career includes such prestigious posts as Assistant Coach positions at both the University of Michigan and the University of Iowa and Head Coach of a Junior Olympic Program in Albuquerque, New Mexico. Among his many accomplishments, he has received the National Assistant Coach of the Year award three times. Mike was a member of the US National Team coaching staff from 1986-1990, where he coached 4 team members, and placed 7 gymnasts on the National Team between 1998-2003. He is a seasoned professional in the sport of gymnastics, and here in Minnesota he continues to inspire and energize his staff and students.



KONSTANTIN "Kostya" KOLESNIKOV

Kostya Kolesnikov, Assistant Coach of the Minnesota Men's Gymnastics Team, has over 17 years of experience coaching gymnastics. A native of Russia, he brings that country's unique expertise and dedication to gymnastics to his coaching. Kostya was a gymnast for 17 years and a member of the renowned USSR/Russian Senior National Team from 1991-1995. Following his career as a gymnast, he coached in Russia until he was invited to the United States as an expert clinician. He spent the next 10 years coaching Junior Olympic Boys programs in Wisconsin. Kolesnikov was named "Coach of the Year" in Wisconsin in 1998. In addition, Kostya is a judge for local gymnastics competitions. Kostya's experiences as an athlete, judge and coach combine to create a gifted instructor.



Summer Boys Gymnastics Camp

MGTC BOYS GYMNASTICS CAMP 2012

Held at the University of Minnesota

Session 1: June 17-21 (Su-Th)

Session 2: June 21-25 (Th-M)

Open to any and all

Boys ages 8-18



Resident campers must be age 10 & older.

Minnesota Gymnastics Training Center

763-537-9004

Website: www.mgtcgymnastics.com

Sample Daily Schedule:

7:00-8:30am	Breakfast (residents only)
8:40-11:15am	Warm-up & Workout 3 events
11:30-1:15pm	Lunch & Free Time*
1:30-4:30pm	Warm-up & Workout 3 events
4:45-6:00pm	Dinner
6:30-8:00pm	Evening Training/Night Activity
10:00pm	Lights Out (residents)



* Commuters may depart at 6:15pm after dinner or stay for evening activities and depart at 8:00pm.

For detailed schedule please visit www.mgtcgymnastics.com

Group size will be approximately 8:1 ratio. Please register early to ensure a place for your gymnast.

*Free time is for both residents and commuters. They will have the opportunity to play basketball (weather-permitting), billiards, ping-pong, foos-ball, piano, or watch TV???. Residents will be able to spend free time in their dorm-rooms.

HOUSING AND RECREATION

Resident gymnasts will stay at the University of Minnesota dormitories. Live-in counselors and camp instructors provide 24-hour supervision. Rooms are double-occupancy, roommate requests are made on the registration form. If no name is written on your form, a roommate will be assigned to you based on age. Meals will be served daily in the dormitory cafeteria. Supervised and structured activities, such as open workout, games in the gym, or activities nearby on campus will be offered each night. Commuters are welcome to stay for the evening activities.

FACILITY

Training takes place in the historic Cooke Hall on the University of Minnesota Campus. Cooke Hall is the home of the Minnesota Men's Gymnastics Team and was the training site for 3-Time Olympian John Roethlisberger and 2006 World Championship Team Members, Guillermo Alvarez and Clay Strother. The facility includes AAI men's equipment, and features a large foam-filled pit that accommodates tumbling, vaulting, still rings, high bar and parallel bars complete with spotting rigs for still rings, high bar, and trampoline.

The newly updated gym-wide TiVO system allows gymnasts and coaches to have constant video feedback of every training session.

WHAT TO BRING

**General toiletries, **alarm clock, **casual clothing, waterproof jacket/umbrella, athletic bag, grips, towels, swimsuit, workout clothing, athletic shoes, sandals, 2 rolls of tape* and some spending money for snacks and activities. We do not recommend bringing valuables to the camp.

* If your gymnast has daily taping needs, please send enough tape for the entire 5/10 days.

HEALTH AND INSURANCE

We have a superb Athletic Trainer on site to offer care to athletes as needed. Each camper must submit a physical exam form signed by a doctor, confirming his good health. Upon receiving your application and deposit, all mandatory forms will be emailed to you. These forms must be sent back to us, completed and signed, with your final payment before May 19th. We must receive the completed paperwork to ensure enrollment of your gymnast.



TUITION AND ENROLLMENT

Resident Campers: Tuition for resident campers is \$495 per session. Cost includes housing, meals, all training sessions, and a camp t-shirt and pool outing.

Commuter Campers: Tuition for commuter campers is \$395 per session. Cost includes 2 meals, all training sessions, camp t-shirt and pool outing. Commuters will be served lunch and supper and are welcome to take part in the Evening Training and/or Night Activity.

Group Rates Available: Groups of 10 or more may receive a discount of \$25 per camper. Please note, all applications for the group must be mailed together to receive the discount. Campers who send their applications separate from the group will not be eligible for the discount. We require a separate form for each camper.

Discount for attending both sessions: \$25 Total

CAMP POLICIES

- All individuals enrolled must comply with the rules and regulations of the University of Minnesota and the sports camp. Any violations of the rules could be cause for immediate dismissal from the camp with no refund.
- All applications require a \$75 non-refundable deposit per session of camp (\$150 for both sessions).
- Camp confirmation and any additional registration materials will be sent via email upon receipt of application and deposit.
- **Full tuition balance and All Participation Forms, completed and signed, are due by May 19th, 2012 to ensure enrollment.**
- Cancellation policy: Forfeit deposit. No changes or refunds one month prior to the first date of camp.

All inquires may be directed to:

**Minnesota Gymnastics
Training Center**

P.O. Box 27193 Golden Valley, MN 55427

Phone: 763-537-9004

Fax: 612-626-9922

E-mail: mgtcemail@gmail.com

Website: www.mgtcgymnastics.com

- \$40 fee will be charged for any returned checks to cover bank fees.