

## Camp Staff

### Lauren Mareno Karnitz

Lauren just completed her third year as the UW Oshkosh Head Gymnastics Coach. Her previous experience includes coaching multiple different club and park district competitive teams in Wisconsin and Illinois. During 2002-2006, Lauren was a student-athlete for UW Oshkosh Gymnastics and team captain.

### Amy Reidy

Amy is going into her third year as a UW Oshkosh student assistant gymnastics coach. She previously attended UW Oshkosh where she holds an All American Title on the uneven bars.

### 2009-10 UW Oshkosh Gymnastics Team

Campers will be assisted by members of the 2009-10 Gymnastics team along with other area college and high school coaches.

Mary Ann Oehlerking	Ryan Metzger
Gretchen Fackelman	Madeline Helwig
Darlene Herrmann	Paula Delsart
Stefanie Armstrong	Jazz Essman
Brittany Fellman	Amanda Bergesen
Abby Zubella	Lindsay Hermsen

## Housing and Meals

You and another participant will share a room in one of our fine residence halls. Each room has two beds, micro-refrigerator, desks, shelves, dressers and closets. Bed linens, pillows and spreads are not furnished. Bring your own pillows, sleeping bags, towels and toiletries. Campers will be supervised in the residence hall by our freshman and sophomore gymnasts. Whether you commute or stay in a residence hall you may eat at the commons. You'll choose from a wide variety of food, including a salad bar, two delicious entrees per meal and a table crowded with desserts. Meals are served all-you-can-eat cafeteria style. Breakfast, lunch and dinner fees for the entire week are included in the resident fee. Meal tickets are also available for commuters. Please check the space on the registration form if you are interested in the commuter meal plan.

### FEES

August 19-22, 2010

\$400 / Resident

\$260 / Commuter

All resident fees include tuition, lodging and meals.

The fee per session is all-inclusive; there are no extra charges. Camp fee also includes prizes, awards and miscellaneous social events. The full tuition is due no later than August 1, 2010.

### CHECK-IN

Check in will be at Gruenhagen Conference Center main lobby on August 19, 2010 at 10:00 a.m. – Noon. Check out will be from Gruenhagen Conference center on August 22 at 1:00 p.m. The first session will start at: 1:00 p.m. on Thursday and the last session will end at 12:00 on Sunday.

## Application Procedures

Send application with a \$50 deposit to:  
UW-Oshkosh Sports Camps  
Kolf Sports Center  
800 Algoma Blvd.  
Oshkosh, WI 54901-8630

Please make checks payable to UW-Oshkosh Sports Camps and identify campers name and UW-Oshkosh Gymnastics Camp on the check. Balance is due by August 1, 2010.

### Cancellations

Your fee, **less the \$50 non-refundable deposit** will be refunded without question if you cancel your enrollment two weeks prior to the start of camp. At anytime after the start, refunds (less the \$50 non-refundable registration fee) will be made for medical reasons only. Requests for refunds must be made in writing and accompanied by a signed excuse from your physician. Campers who must leave during the week due to illness or injury will receive a prorated refund based on the number of days attended. Requests for refunds must be made prior to September 30, 2010.

### Late Registration

Enrollment is limited. Anyone registering less than two weeks before the camps begin must first call the sports camp office at (920) 424-0294. For additional information, call the same number. Registrations after August 1, 2010 require full payment.

### Girls' Gymnastics Registration Form

(Please check one)

\_\_\_\_\_ Resident \_\_\_\_\_ Commuter

Name \_\_\_\_\_

\_\_\_\_\_ Last \_\_\_\_\_ First \_\_\_\_\_ M.I.

Address \_\_\_\_\_

City \_\_\_\_\_ St \_\_\_\_\_ Zip \_\_\_\_\_

Parent or guardian \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work: \_\_\_\_\_

Email: \_\_\_\_\_

Age \_\_\_\_\_ Height \_\_\_\_\_ Weight \_\_\_\_\_

Grade entering in fall 2010 \_\_\_\_\_

School attending in fall 2010 \_\_\_\_\_

Coach or director of program \_\_\_\_\_

Roommate preference \_\_\_\_\_

#### **COMPLETE ONE:**

Enclosed is \$ \_\_\_\_\_ as full payment.

Enclosed is \$ \_\_\_\_\_ as a deposit.

**Balance is due before August 1, 2010**

#### **CREDIT CARDS ACCEPTED**

Visa  MasterCard  American Express

Credit Card No. \_\_\_\_\_

Expiration date \_\_\_\_\_

Cardholder's signature \_\_\_\_\_

Commuters only

\_\_\_\_\_ Please send me information about daily meal plans because meals are not included in my fee.

I understand that if this application is accepted, there is no refund of the deposit if we (parent or child) cancel the application later.

Parent's/guardian's signature \_\_\_\_\_

Mail to:  
UW-Oshkosh Sports Camps  
Kolf Sports Center  
800 Algoma Blvd  
Oshkosh, WI 54901-8630

#### **For office use only**

Date Received:

Check No:

Amt:

### Girls' Gymnastics

Gymnastics trains the mind and body. It is considered the basic training for all sports. This camp provides the opportunity to develop agility, strength, flexibility and coordination. Here you'll get the intense training that you want and need. Not only will you improve as a gymnast but also the strength and skills you gain will carry over to many of life's other activities.

The University of Wisconsin-Oshkosh is known for its excellence in gymnastics. The Titan women's team has garnered 12 WIAC Conference Championships. They were the 2007 NCGA Div. III National Champion, and also placed second in 2005 and third in 2006.

#### **Facility**

Kolf Sports Center is considered one of the finest gymnastics facilities in the Midwest. Here's what you'll find at camp.

#### **Vault**

- Three individual vaults set up with various skill progression stations
- Above ground platform system with Resi pits to keep athletes safer when landing
- Vaulting table

#### **Uneven Bars**

- Two sets of uneven bars. One set placed over a resi-system for safer landings when training new skills.
- Interchangeable for strap bar giants and includes a channel
- Plenty of drill stations and skill progression stations to avoid waiting in line

#### **Balance Beam**

- Three high beams
- A medium beams
- Two floor beams

#### **Floor Exercise**

- NEW! 40 x 40 Stratum Spring floor
- Aboveground platform system with Resi pits to soften landings when training new skills.
- 30 ft. tumble trak
- Trampoline

# UW-Oshkosh GIRLS GYMNASTICS CAMP 2010 Aug. 19-22

