

International Gymnastics Camp

46 YEARS OF EXCELLENCE



PARENT & CAMPER WELCOME GUIDE 2017



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WELCOME TO THE IGC FAMILY!

About IGC

IGC has always been known for the quality of our gymnastics training, the beauty of our campus, and our emphasis on promoting positive childhood development through the summer camp experience. Offering all the benefits of a traditional summer camp, we aim to build skills that will last a lifetime: teamwork, leadership, confidence, independence, decision-making, and so much more.



We are also the only gymnastics camp accredited by the American Camp Association (ACA). The ACA works with the American Academy of Pediatrics, the American Red Cross, and other youth-serving agencies to ensure that all camp programs, operations, and direction reflect up-to-date research and the highest standard of care for child development, health, and safety. We voluntarily go

through a review of almost 300 standards, ranging from staff training to emergency management to ensure our continued accreditation.

Beyond all that – and even more importantly – we are, and always have been, a family run business. For 46 years, it has been an absolute pleasure to welcome three generations of gymnasts and their families into the IGC family. Thank you for choosing IGC!



Letter from the Klaus Family

Dear Parents,

When IGC was created in 1971, our goal was to create a space for coaches and gymnasts from around the world to collaborate, play, learn, and grow. Three generations of campers and staff now refer to IGC as their second home, and we couldn't be more proud or thankful.

One of our campers summed it up better than we ever could: "IGC is my safe place where I am challenged to learn, to grow, to excel, where I am surrounded by supportive, positive people who will help me to achieve in a place where I am more than enough."

Part of our commitment is ensuring that you have all the tools you need in advance to make sure that your camper gets the most out of their IGC summer! So we have put together this comprehensive guide that covers everything from what to pack, to how to complete all necessary forms, to what to expect during the week, to how to get here. Please read it carefully, but don't hesitate to call the office or email us with questions.

For all of our returning families, welcome back! For our new families, we welcome you to IGC and look forward to meeting you!

- The Klaus Family
Bruno, Cheryl, and Brent

Your IGC Resources

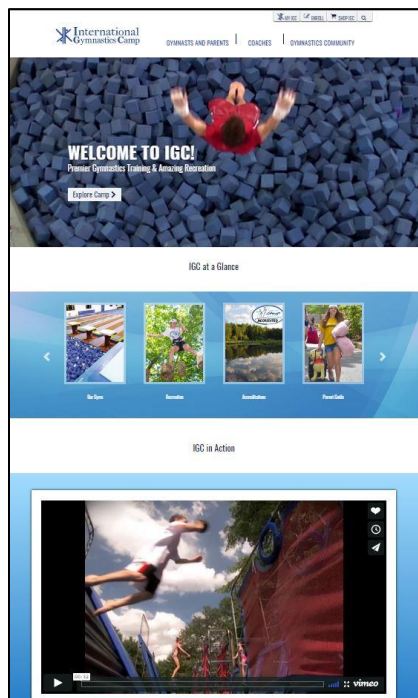
The Parent & Camper Welcome Guide is designed to help you and your gymnast(s) prepare for camp. In addition, don't hesitate to take advantage of our other resources:

OUR WEBSITE

Our website includes information, photos, and videos about the camp experience. We have tried to include information about all aspects of camp, from dates to packing lists to FAQs.

It also provides access to your family account via "MY IGC."

<http://internationalgymnastics.com/>



"MY IGC"

"MY IGC" is your family's individual account, automatically created the first year you have a family member at IGC.



Use it to do things like:

- Fill out forms & documents
- Check balances & make online payments
- Update or change camper information
- Purchase *CampStamps* to send and receive letters electronically from your camper.

A quick link to your "MY IGC" account is located in the header on every page of our website.

CONTACT US

Please do not hesitate to contact our Administration Office if you have any questions or need any further information.

During the school year, our office is open 8:00 am – 5:00 pm (EST), Monday through Friday. During the summer, our office is staffed 8:00 am – 10:00 pm (EST), and we have a staff member on emergency call all night long.

Email:

office@internationalgymnastics.com

Phone:

+1 (570) 629-0244

Fax:

+1 (570) 620-0616

PREPARING FOR CAMP

Packing For Camp


IGC is summer camp at its best – indoor, outdoor, and of course gymnastics fun. Clothing and accessories should be packed with the full summer camp experience in mind.

Casual summer clothing is best. Clothes brought to camp may get wet and dirty. Gymnastics attire will be used well and often.

We strongly recommend not packing any valuable, brand new, or sentimental items. For the safety of our campers, we do not permit any electronic devices on campus, and we do not allow any food, candy, or drinks (other than a water bottle) in cabins.



Storage space is limited, and bags should be less than 14 inches high so they will fit under the bed. Duffel bags on wheels are perfect for the hilly terrain.

 <p>Helpful Tips</p>	DOs	DON'Ts
	<ul style="list-style-type: none"> • Do use a bag with WHEELS! • Do label your camper's items. • Do encourage your camper to do the packing themselves. (It saves you work, and gets them excited and prepared!) 	<ul style="list-style-type: none"> • Don't pack any electronics (including cell phones, cameras, tablets, ipads, ipods, laptops, games, etc.) • Don't pack food/candy. • Don't pack valuable items.

Note: All forgotten clothing and unclaimed items are donated to charity regularly throughout the summer. Contact the camp office as soon as possible if you believe that your camper has left an item behind. Where possible, arrangements will be made to return the items. Any shipping costs will be charged to the credit card in your "MY IGC" account.

Packing List Suggestions

WORKOUT GEAR

- Required practice attire:
 - 6 Practice Leotards for girls
(Girls are welcome to also wear workout shorts, leggings, and/or fitted training t-shirts over their leotard)
 - 6 T-Shirts & Shorts for boys
- 2 Sweatpants
- 2 Sweatshirts
- Water Bottle
- Other Gymnastics Gear your camper normally uses, including tape, grips*, tiger paws, other braces, etc.

**Grips are not required, but may be helpful due to the volume of training. Talk to your home coach as to what type of grip may be appropriate for use at camp.*

TOILETRIES & ACCESSORIES

- Toothbrush
- Toothpaste
- Shower Caddy or Basket
- Soap or Shower Gel
- Shampoo / Conditioner
- Brush / Comb
- Hair Care Products / Accessories used normally (e.g., hair bands, hair spray, hair dryer, etc.).
- Deodorant
- Hat
- Sunscreen
- Insect Repellent

GENERAL CLOTHING

- 7 T-Shirts
- 7 Shorts
- 3 Swim Wear
- Sleep Wear
- 7 Underwear
- 7 Pairs Socks
- 1 Pair of Flip Flops/Sandals/Crocs
- 1 Pair of Sneakers (required for Scary Aerie Climbing & Ropes Course)
- 1 Pair of Sweatpants or Full Knee Length Shorts (required for Scary Aerie harness)
- Rain Jacket or Poncho
- Light Jacket for evenings or cold days

LINENS & BEDDING

- 1 Pillow & Pillow Case
- 1 Fitted Twin* Sheet
- 1 Sleeping Bag or
1 Flat Twin Sheet & 1 Blanket/Comforter
- Pool Towel(s)
- Shower Towel(s)

**For our international campers, "twin" size bedding is similar to European/Pacific "single" size bedding.*

DO NOT PACK:



- cash or valuables
- irreplaceable, expensive, or sentimental items
- food (incl. candy & gum)
- electronics (incl. cameras, phones, tablets, etc.)

What Not To Bring

IGC is not responsible for articles which may be lost, taken, broken, or damaged. Please do not have your camper pack valuable/sentimental items, including jewelry, team leotards and warm-ups. Cash should not be sent with campers. (Money can be added to a camper's electronic canteen account through your family's "MY IGC" account.)

Out of caution for other campers' medical needs and food allergies, and to discourage visits from forest animals, we do not allow food, drinks (other than water), snacks, candy, or gum in the cabins. Rest assured that IGC has an amazing array of food available at meals and additional snacks and candy available for purchase from our canteen.

Electronics of any type are NOT PERMITTED at camp.

If your camper is in possession of any electronic device, it will be confiscated and an immediate \$50 penalty will be deducted from your child's canteen account. We take the safety and privacy of our campers very seriously and know that you do too.

If the \$50 penalty is assessed, any remaining balance will be due upon check-out before the device can be returned. All money received from penalties will be donated to the IGC Scholarship fund.



Laundry Facilities At Camp

We have coin operated washers and dryers available for campers' use. Typically, these are used on Saturdays by campers staying for multiple weeks. The cost is \$2 per washing machine load, and \$2 per dryer load. Campers access laundry money and purchase detergent from their canteen account. (Campers should not bring cash or have money in their cabins.)

Required Forms & Documents

There are five forms required for ALL campers due by May 1, 2017. We also provide additional forms for individual situations (due dates for these forms are dependent on the situation). Please provide as much detail as possible, and check all boxes that apply to your camper. Depending on your answer, the system may require more specific information.

**All required forms MUST be completed in full to attend camp.
Our insurance does not allow exceptions.**

REQUIRED FOR ALL CAMPERS – Due by May 1, 2017

1. General Camp Policy & Rules Overview Form
2. Health History Form
3. Physician’s Examination Form – *completed by medical professional*
4. Media Release Form
5. Recent Gymnastics Experience Form


NEEDED IF APPLICABLE TO YOUR CAMPER

- Cabin Mate Request Form
- Changes to Pick-Up Authorization Form
- IGC Cancellation Form
- IGC Transportation Request Form
- Jet Ski Request Form
- Medical Administration Form
- Saturday Off-Campus Visitation Request Form
- Switch-A-Week Form

These forms are used to allow us to ensure the highest standard of care for your camper. Please make sure to fill out each form completely and accurately.

Do not hesitate to contact us if there is additional or background information that would help us to serve your camper better.

Please see the next set of pages for specific information about each form.



Any special directions from your physician and/or any special dietary requirements should be listed on the Physician’s Examination form.

Please also inform us on the Health History form of any physical, emotional or behavioral conditions of which our staff may need to be aware to help provide the best possible camp experience for your camper.

Five Required Forms – Due by May 1, 2017*

(1) 2017 GENERAL CAMP POLICY AND RULES OVERVIEW

The 2017 General Camp Policy & Rules Form is **required** by May 1, 2017. Electronic signature and date are required from one parent/guardian.

(2) HEALTH HISTORY – To Be Completed by Parent/Guardian

The Health History Form is **required** by May 1, 2017. All mandatory fields are underlined in red. Be sure to include as much detail as possible, so our Registered Nurse and Athletic Trainers have complete and accurate information when treating any sickness or injury that might occur. Also note any information about other situations that may be affecting your camper (e.g., changes in parental situations, transfers/moves/deployment, recent deaths in the family, school or community issues, etc.) as that information can help our counseling and medical staff provide the best care for your camper.

(3) PHYSICIAN'S EXAMINATION FORM – To Be Completed by Medical Professional

The Physician's Examination Form is **required** by May 1, 2017. Important notes:

- The form must be completed and signed by a doctor, physician's assistant, or a nurse practitioner. If the Physician's Examination Form is not 100% complete, your child will not be able to attend.
- The Physical Examination must be current. Physicals that are more than 12 months old at the time of camp will not be accepted.

(4) MEDIA RELEASE

The Media Release Form is **required** by May 1, 2017. Electronic signature and date are required from one parent/guardian.

***Please Note:** if you decline the Media Release your camper will not be included in any photographs throughout each week, including the Cabin Photograph, and the Individual Photograph with the visiting Celebrities.*

(5) RECENT GYMNASTICS EXPERIENCE QUESTIONNAIRE

The Recent Gymnastics Experience Form is **required** by May 1, 2017. This form asks for information about your camper's most recent gymnastics experience (past year), and your camper's gymnastics goals for the future (next year).

- Answers about the past year should reflect your camper's accomplishments: training, levels, and skills that your camper has done safely, confidently, and comfortably for the past year, and that your camper wants to build upon.
- Answers about the next year should reflect what your camper hopes to work towards!

**For any campers who enroll for camp after May 1, 2017, forms are due within two weeks. All forms must be received before your camper will be allowed to check-in.*

Forms Needed ONLY If Applicable To Your Camper

The following forms are needed only if the situation applies to your camper.

CABIN MATE REQUEST – Due by May 1, 2017

Camper may request to be placed in a cabin with one friend or teammate who is the same age (within one year). While we cannot guarantee cabin mate requests, we honor as many requests as possible, provided that the following conditions are met:

- (1) Space is available, AND
- (2) The requested cabin mate is within one year in age of your camper, AND
- (3) The cabin mate request is reciprocated by the other camper (*i.e. the other camper submits a corresponding Cabin Mate Request*), AND
- (4) The request is received by May 1, 2017.

IGC will not bunk entire teams together. If you are suggesting several cabin mates with whom your child would enjoy being placed, please indicate your first preference.



If you have a group of four gymnasts who would enjoy being with someone else from the same group, indicate their preferences by matching them in pairs:

Gymnast A requests Gymnast B, with Gymnasts C & D as extra options.
Gymnast B requests Gymnast A, with Gymnasts C & D as extra options.

Gymnast C requests Gymnast D, with Gymnasts A & B as extra options.
Gymnast D requests Gymnast C, with Gymnasts A & B as extra options.

If your child is coming alone or does not have a friend who meets our cabin mate criteria, be assured that they will be placed in an age appropriate bunk and will never be left out. Our counselors are here to help campers form new friendships. That's half the experience and fun of coming to IGC!

Should you need to change your Cabin Mate Request form later, you can resubmit this form to us.

NOTE: Each time you resubmit the form, it replaces the previous Cabin Mate request.

CHANGES TO PICK-UP AUTHORIZATION

The Change in Pick-Up Authorization form allows you as parent/guardian to change who may pick-up or check-out your camper from our property.

This form replaces the list of people you submitted with your camper's initial enrollment application. Please list everyone, including yourself, who has your permission to pick up your child from camp (full first and last names must be entered). Electronic signature and date are required from one parent/guardian.

Your camper will not be allowed to leave with any unlisted adult or anyone under the age of 18 (even if they are listed).

 IGC CANCELLATION FORM

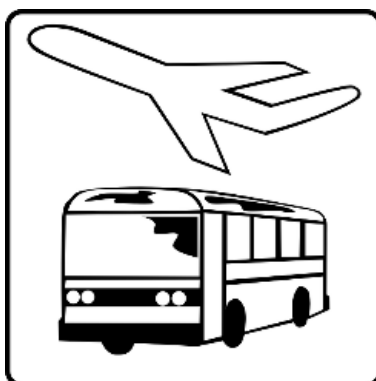
Cancellation Form is needed ONLY if you are cancelling your camper's registration. Please read the terms and conditions carefully, and complete the online form in full.

Your cancellation will be processed as soon as possible. If you are eligible for any partial refund, the refund will be put back onto the credit card used to pay tuition, typically within 15 days of processing the cancellation. (If you have changed or removed that credit card from your "MY IGC" account, there may be a significant additional delay in refunding the money.)

Note: If you are switching from one week to another, please use the "Switch-A-Week" form instead.

 IGC TRANSPORTATION REQUEST – Due as soon as itinerary is booked

The Transportation Form is needed ONLY if you need IGC to pick-up or drop-off your camper from the approved list of local bus depot or airport options. (See the section of this Guide entitled IGC Bus & Airport Pick-Up and Drop-Off Option for more information.)



JET SKI REQUEST FORM

Jet skiing on our sister camp's lake is an add-on option for a limited number of campers each week. Please use this form if you would like to request this add-on for your camper. The fee for jet-skiing is \$85. Terms and Conditions apply.

- Jet skiing sessions take place at our sister camp, International Sports Training Camp. Campers ride the Jet Ski in tandem with an IGC staff member, who is licensed to operate personal watercraft.
- Jet Ski has extremely limited availability and is enrolled on a first-come first-served basis. Campers are only permitted to Jet Ski once per summer. You will be notified via email if your camper has been enrolled.
- The fee for this activity is \$85. If space is available, the card on file in your "MY IGC" account will be charged the \$85 fee. If there is no available space, please visit the camp office upon your arrival to check for any cancellations. *Note:* If you switch camp weeks, Jet Ski enrollment does not transfer automatically!
- Jet Ski Refund Policy:
 - If you cancel your Jet Ski option prior to check-in you will be refunded the Jet Ski fee less a \$10 administration fee.
 - If your camper has been pre-registered or signs up during check-in but does not report for jet skiing, the fee is NOT refundable.


 MEDICAL ADMINISTRATION FORM – Bring with you to the nurse when you check-in your camper

The Medical Administration Form is needed **ONLY** if you are sending your camper to camp with any prescription or over-the-counter medication, vitamins, therapy oils, skin care products, homeopathic treatments, supplements of any kind, etc. (They will need to be turned in to the Health Center.)

1. Bring a **HARD COPY** print out of this form to the Health Center at Check-In.
2. Any prescription medication must be in its original container with the prescription label. Any non-prescription item must be in the manufacturer's original container.
3. Place all items in a plastic bag labeled with your child's name.

 SATURDAY OFF-CAMPUS VISITATION REQUEST

Families with campers staying more than three weeks are welcome to spend time off-campus with their campers on a Saturday during their weeks here at IGC. Use this form to request the date and type (day only or overnight) of off-campus visit you would like to arrange.

Please submit your form no later than the Wednesday before your requested Saturday visit so we can have your camper's visitation forms ready.

 SWITCH-A-WEEK FORM

The Switch-A-Week form is needed **ONLY** if you would like to request a different week from the week your camper is currently scheduled to attend, or if you took advantage of the "Choose Week Later" option with an early registration. All requests to switch weeks are subject to availability.

Practicing For Camp

A little bit of preparation for camp goes a long way! Not only does it help your camper arrive excited and feeling prepared, but it helps reinforce many of the normal life lessons you are already teaching at home.

Practice At Home For Typical Camp Life Activities

- **Practice normal day-to-day tasks.** Camp is a wonderful chance for campers to use many of the life skills they are already learning at home. For example, to earn points towards our Cabin of the Week contests, campers help clean up their cabins each day: tidying, sweeping, hanging towels, straightening sheets and blankets so the bed looks neat in the morning, etc. Campers also work with our counselors to be independently responsible for age appropriate day-to-day life: things like getting ready for gym, doing hair, washing up, getting ready for bed.
- **Practice doing simple loads of laundry.** Campers staying multiple weeks often want to do laundry on Saturday. Have them help you with a load at home, and have them learn if anything they are bringing to camp needs to be sorted and washed separately. Our washing machines are standard coin-operated washing machines and dryers, and offer easy push-button choices (Whites, Colors, Permanent Press, Delicate). Do not send your camper with quarters for laundry – we will debit their canteen account and provide the quarters here. It is \$2 per washing machine load, and \$2 per dryer load.
- **Practice simple budgeting skills.** Campers use their canteen account during recreation time to buy extra snacks, camp souvenirs, and gymnastics apparel and accessories. However, if you want their money to last over the entire week – without a letter home asking for more 😊 – have them practice. There are many great kids' budgeting resources available, but here are two tips that parents have passed along that work well:
 - Have a parent-child grocery date! Give your child a very simple grocery shopping list, and an amount of cash that doesn't quite cover it all. Have them figure out the limit of the budget (e.g. – they can afford one "expensive" item off the list, or several less expensive ones) and have them decide which they want.
 - Give older campers several weeks' allowance at once, and help them budget it over time.

Join Kount on Kindness

IGC created the international program KOUNT ON KINDNESS to help young people learn to take care of one another, by teaching the social benefits of unselfishness and connection.



**A Proactive Kampaign
across the Gymnastics Community**

**Kount on
Kindness**

A Commitment to Positivity

Our members pledge

- to be positive role models
- to ensure a mutual sense of belonging
- to create a safe & inclusive environment
- to celebrate team diversity
- to treat everyone with respect and kindness

IGC launched this campaign to promote kindness at camp, inside local gym clubs, and in communities. The goal is to foster a supportive workout environment where everyone feels safe, accepted and has a mutual sense of belonging.

Every camper will actively participate in the Kount on Kindness program while at camp; and celebrities that comes onto campus become Kount on Kindness Ambassadors, role modeling that behavior for the campers.

All campers are encouraged to sign up in advance of camp at www.kountonkindness.com, if their club does not already participate.

Minimize Homesickness

Child development professionals recognize sleep away camp as valuable in helping children mature socially, emotionally, intellectually, and physically. The camp experience inherently helps children build skills that will last a lifetime: teamwork, leadership, confidence, independence, decision making, and resiliency.

Mild homesickness, whether in anticipation of being away, or upon arrival, is very normal for children (and parents!) of all ages. Our counselors are specialists in helping children and parents deal with any anxiety once they arrive. There are many simple steps you can do before camp to help minimize or even prevent it.

Dr. Chris Thurber, a board-certified clinical psychologist, is a long-time partner with IGC, and works with all our counselors throughout the summer. His research focuses on the risk and predictive factors for homesickness. Here are his findings on how to minimize or avoid it:

- **Involve children (to the extent possible) in the decision to spend time away from home.** Taking part in even the smallest decisions will increase perceptions of control.
- **Educate children.** Young people should be told, “Almost everyone misses something about home when they are away. Homesickness is normal. It means there are lots of things about home you love. And the good news is that there are lots of things you can think and do to help make things better if homesickness bothers you.”
- **Arrange for practice time away from home,** such as a weekend at a friend’s or relative’s house. Ideally, these 2 or 3 days do not include telephone calls but do include opportunities for writing a letter or postcard home.
- **Practice basic correspondence.** Ensuring that children know how to write letters increases the likelihood that they will maintain some contact with home.
- **Work together to learn about camp.** Web sites, orientation booklets, and current students, alumni, or staff members are excellent resources. They increase familiarity and, thereby, reduce anxiety.
- **Encourage children to make new friends and seek the support of trusted adults.** Both kinds of connections ease the adjustment to a novel environment.
- **Express enthusiasm and optimism about time at camp.** [Parents should] share their own separation anxiety with other parents, not with their children.
- **Use a wall calendar** to show children the time between today and the day of the separation. Highlight which days or weeks the child will be away, so he or she can see that it is a discrete period, not an eternity.

Source: Thurber CA, Walton E, American Academy of Pediatrics Council on School Health. Preventing and treating homesickness. *Pediatrics* 2007; 119:192.

If you would like more information or other ways to prepare, Dr. Chris Thurber has many resources including DVDs and Books available online and for purchase.

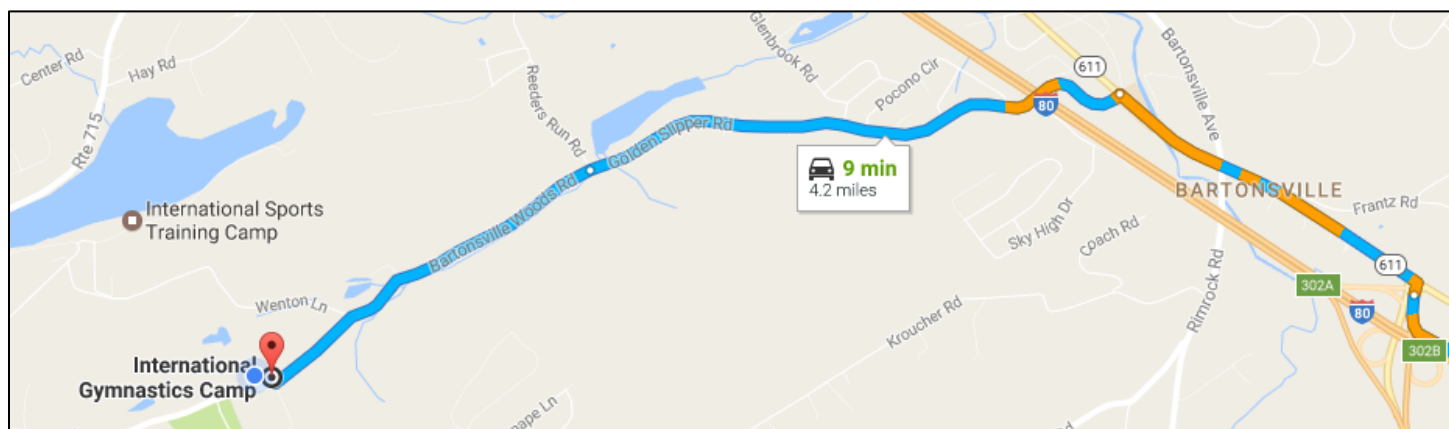
GETTING TO IGC

Directions To Camp

International Gymnastics Camp is located in the beautiful Pocono Mountains of northeastern Pennsylvania. We are 1.5 hours west of New York City, 2 hours north of Philadelphia, and 4 hours northeast of Washington D.C.



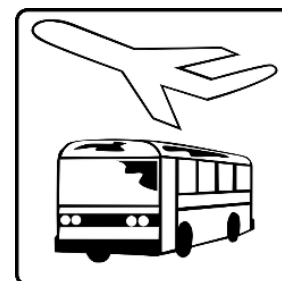
We are easy to find and conveniently located just off of US I-80, Exit 302:



International Gymnastics Camp, 100 Gymnastics Way, Stroudsburg PA 18360

Airplane & Bus Pick-Up and Drop-Off

IGC can arrange to pick-up or drop-off campers arriving at the local airport and the local bus station for an additional fee. (The fee depends on airport or station, and on the amount of advance notice we have.)



To request this service,

1. Complete the online “IGC Transportation” form in your “MY IGC” account.
2. Email the official airline or bus itinerary to travel@internationalgymnastics.com.

Airline Travel

IGC can meet campers arriving on commercial flights at the Lehigh Valley International Airport (ABE) in Allentown, PA. Private planes can be met at Mt. Pocono Airport.

Please note: The arrival and departure times are fixed to ensure staffing and to coordinate with airport rules, regulations, and security measures. For pick-up, an IGC staff member will be waiting at the gate upon your camper’s arrival to accompany them to baggage claim and to their transport. For the return flight, IGC staff will check-in your camper, accompany them to the gate, supervise boarding, and wait until the plane is in the air. IGC will remain responsible for campers until they are on their designated flight.

Available Flight Arrival Times: Sunday Arrival ONLY 9:00 am — 1:30 pm

Available Flight Departure Times: Saturday Departure ONLY 10:00 am — 2:00 pm

EXCEPTION LAST DAY OF SUMMER: Saturday, August 26 ONLY 9:00 am – 12:00 pm

We schedule our drivers and vehicles far in advance so we can ensure that we meet each camper’s airplane. The fees for late itinerary notices are to cover the expense of last minute bookings. Please book your camper’s travel quickly, and send their itinerary to travel@internationalgymnastics.com to avoid these late fees.

AIRPORTS ROUND TRIP – TRANSPORTATION FEE

Transportation Form AND Itinerary (Date received by IGC)	Lehigh Valley International Airport (ABE)	Pocono Mountains Municipal Airport (KMPO)
More than 2 weeks in advance	\$60	\$30
7-14 days in advance	\$150	\$60

Parents will incur the cost of any flight changes or extra charges that may be generated by the airline. Campers cannot fly on a Stand-By status. Please contact the office before booking your flights to confirm availability of transport.

Bus Travel

The Martz-Trailways (www.martztrailways.com) and Greyhound (www.greyhound.com) buses can be met in Stroudsburg/Delaware Water Gap bus station. Campers departing camp by bus must bring the prepaid ticket and departure information to check-in.

BUS ROUND TRIP PICK-UP FEE

Transportation Form AND Itinerary (Date received by IGC)	Delaware Water Gap Bus Station
More than 2 weeks in advance	\$30
7-14 days in advance	\$60

Price is based on the date the Administration Office receives your camper's itinerary.

Acceptable Bus Arrival Times: Sunday Arrival ONLY 11:00 am — 1:00 pm

Acceptable Bus Departure Times: Saturday Departure ONLY 9:00 am — 11:30 am

We schedule our drivers and vehicles far in advance so we can ensure that we meet each camper's bus. The fees for late itinerary notices are to cover the expense of last minute bookings.

International Campers

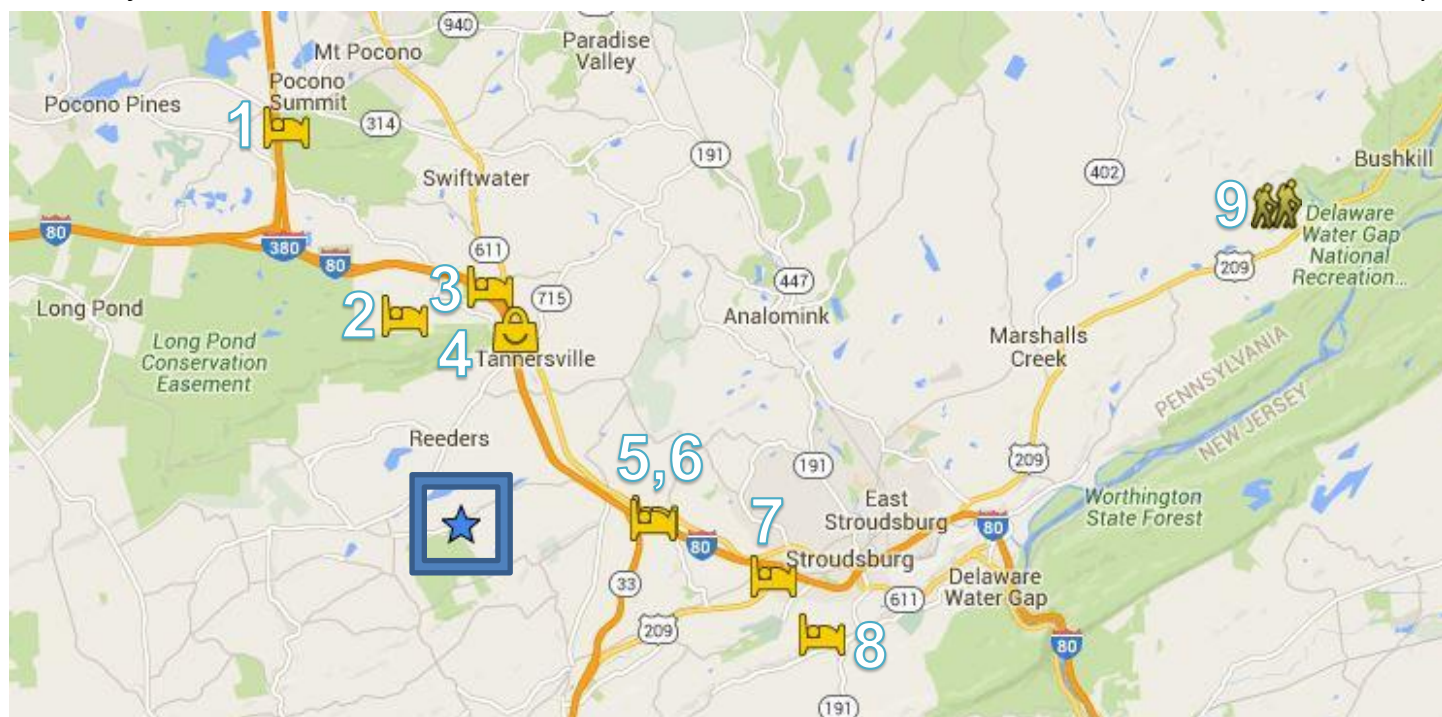
For our international campers, please contact our office directly for advice and information on international flights and transportation options. If your travel takes you to or through the New York City metropolitan area, Newark International Airport (EWR) is the closest and most convenient of the three major NYC airports to IGC.



Area Accommodations & Attractions

The Pocono Mountains region is known for its beautiful scenery and the area specializes in weekend and getaway attractions for everyone in the family: from those eager to take advantage of the resorts and water parks, to the romantic couple looking for a getaway, to the avid high end shoppers (the Crossings Premium Outlets are only 12 minutes from IGC), to the outdoor enthusiasts who want to take advantage of – among other things – the local State Park areas, the Delaware Water Gap, Bushkill Falls, and the Appalachian Trail.

Here are just a few of the accommodations and attractions in this area, all located from 5 to 20 minutes away:



 <p>1. Kalahari Resorts & Conventions & Indoor Waterpark</p>	 <p>4. The Crossings Premium Outlets</p>	 <p>7. Holiday Inn Express, Stroudsburg</p>
 <p>2. Camelback Resort, Lodge, and Aquatopia Indoor Waterpark</p>	 <p>5. Fairfield Inn & Suites, Bartonsville</p>	 <p>8. Stroudsmoor Country Inn</p>
 <p>3. Great Wolf Lodge – Indoor Waterpark & Resort</p>	 <p>6. Hampton Inn & Suites, Barstonsville</p>	 <p>9. Delaware Water Gap National Recreation Area</p>

For more information on area attractions and accommodations contact the Pocono Mountain Visitors Bureau:

Website: www.poconomountains.com
 Email: pocomts@poconos.org
 Phone: 1 800 POCONOS (1-800-762-6667)

CHECK-IN & CHECK-OUT

Check-In: 12:30 – 2:00 pm Sunday

The Check-In process allows us to meet you and your camper(s), and to collect any final forms or information that are required to ensure that your camper has the best possible experience.

Once all the forms and formalities are finished at Check-In, use the remainder of the time to

- Get your camper signed in and settled into the cabin,
- Meet your camper's counselors and many of the other staff,
- Drop off any medications for your camper with the medical staff, and
- Tour our beautiful campus!



Check-In is strictly between 12:30 pm and 2:00 pm on Sunday. Please do not arrive earlier than 12:00 pm, as our parking area will not be open or staffed yet.



Arrive around 12:30 pm to have plenty of time for:

- Check-In formalities (forms etc.)
- Check-In fun (photos & friends!)

The IGC Campus is hilly. Use a bag with wheels and wear good walking shoes.

Our campus is built onto a gorgeous hill in the Pocono Mountains. Any parent or family member whose mobility is restricted should make themselves known to our car parking staff and we will assist you with getting around the facility.

Please do not travel with your pets to camp, out of respect for other camper's fears, out of care for the IGC animals and local wildlife, and out of safety concerns for your pets. (Pets left in cars are in danger of overheating!)



We do, however, welcome Service Animals.

Camp officially starts promptly at 2:00 pm. (Hint: campers need to be checked in, settled, have said their goodbyes, and be back in their cabins before 2:00 pm.) If you are going to be unexpectedly late, please notify the office as soon as possible at +1 (570) 629 0244.

Express Check-In

Express Check-In is our way of saying "Thank you!" to all our families who submit their forms, documents, and payments on-time or earlier!

If all balances are paid in full, all 2017 Forms and Documents are on file, and spending money is in your camper's canteen account at least one week prior to your scheduled session, you qualify for Express Check-In. You will be able to skip formalities and go straight to the cabins and fun!



Arriving Early & Departing Late

We can accommodate campers who find it necessary to arrive a day early, depart a day early, or depart a day late for Weeks 2-10. (For Week 1, no early Check-In is available; for Week 11, no late Check-Out is available.) The fee for early or late arrival/pick-up is \$75.

Arrangements for any of these options **MUST** be made in advance, and **MUST** be made in writing.

Email office@internationalgymnastics.com with your requested arrival/departure date. One week before your camper's session, please call to confirm the arrangements are all set.

SUMMER 2017 – EARLY & LATE ARRIVAL/DEPARTURE OPTIONS			
(\$75 change in schedule fee applies for each option selected)			
2017	Early Check-In	Early Check-Out	Late Check-Out
Week 1	Not Available	FRI Jun 16, 7:00 pm only	SUN Jun 18, 10:00 am only
Week 2	SAT Jun 17, 1:00 pm only	FRI Jun 23, 7:00 pm only	SUN Jun 25, 10:00 am only
Week 3	SAT Jun 24, 1:00 pm only	FRI Jun 30, 7:00 pm only	SUN Jul 2, 10:00 am only
Week 4	SAT Jul 1, 1:00 pm only	FRI Jul 7, 7:00 pm only	SUN Jul 9, 10:00 am only
Week 5	SAT Jul 8, 1:00 pm only	FRI Jul 14, 7:00 pm only	SUN Jul 16, 10:00 am only
Week 6	SAT Jul 15, 1:00 pm only	FRI Jul 21, 7:00 pm only	SUN Jul 23, 10:00 am only
Week 7	SAT Jul 22, 1:00 pm only	FRI Jul 28, 7:00 pm only	SUN Jul 30, 10:00 am only
Week 8	SAT Jul 29, 1:00 pm only	FRI Aug 4, 7:00 pm only	SUN Aug 6, 10:00 am only
Week 9	SAT Aug 5, 1:00 pm only	FRI Aug 11, 7:00 pm only	SUN Aug 13, 10:00 am only
Week 10	SAT Aug 12, 1:00 pm only	FRI Aug 18, 7:00 pm only	SUN Aug 20, 10:00 am only
Week 11	SAT Aug 19, 1:00 pm only	FRI Aug 25, 7:00 pm only	Not Available

PLEASE NOTE: The early Friday Check-Out option also will incur the \$75 change in schedule fee and your camper will not be able to attend the Friday open work out session, participate in the week's Dance performance, or watch the Staff Exhibition.

Check-Out: 8:30 to 9:30 am on Saturday

Check-Out takes place on Saturday between 8:30 am and 9:30 am.



Please do not arrive earlier than 8:00 am as all campers will still be eating breakfast, and you will be unable to enter the camp grounds.

If you are going to be late, call the office on +1 (570) 629 0244. Please be aware that you may incur additional day charges.

Check-Out Procedures:

1. Sign your camper out at his/her cabin and receive the corresponding "Exit Pass." (The person picking up your camper must be listed on the Pick-up Authorization form, and must present Photo ID.)
2. If your camper came with medication, don't forget to stop by the Health Center to pick it up.
3. Visit the canteen to:
 - Purchase souvenir celebrity and cabin photos.
 - Pick-up any IGC merchandise for your campers.
 - Receive information on IGC 2018 and the Early Registration rewards' deadlines.

Unspent canteen money will be refunded within 15 days of your camper's last day at camp. The refund will be put back onto the credit card used to fund the canteen account in the first place. (Note: if you have changed or removed that credit card from your "MY IGC" account, there will be a significant additional delay in refunding the money.)

YOUR WEEKS AT CAMP

Weekly Schedule

Every week at IGC is designed to maximize the amount of time each camper gets for coached gymnastics training, amazing recreational activities, and rest and relaxation.

Sunday is all about welcoming our campers: Check-In, gymnastics screening, and activities designed to help campers get-to-know each other, the staff, and the facilities.

Monday, Tuesday, Thursday and Friday start with six 45-minute gymnastics rotations, followed by our amazing day and night summer camp recreation activities.

Wednesday is all about rest and recuperation. Campers get to sleep-in followed by a brunch buffet. Wednesday's gymnastics rotations are shortened to 30 minutes.



If your gymnast is staying for another week, Saturday is a rest day, perfect for recreation, laundry, movies, s'mores, off-campus family visits, and the weekend sleepover in the gym!



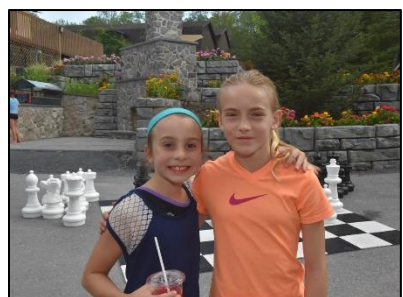
Sunday Schedule

12:30 pm	Check-In Begins
2:00 pm	Cabin Meeting & Get-To-Know-You-Games
3:00 pm	Staff Intros & Gymnastics Screening
5:30 pm	Dinner, Cabin Games, Camp Tours
7:30 pm	All Camp Get Acquainted Activities & Events
10:00 pm	Recharge



All schedules are subject to change due to weather, celebrity visits, and special circumstances.

Monday, Tuesday, Thursday & Friday Schedule



7:30 am	Breakfast
9:10 am	Warm-Up
9:30 am	1st Rotation
10:15 am	2nd Rotation
11:00 am	3rd Rotation
11:45 am / 11:50 am	4th Rotation (Boys) Lunch (Girls)
12:45 pm / 1:00 pm	Lunch (Boys) Warm-Up (Girls)
1:15 pm / 1:40 pm	4th Rotation (Girls) Warm-up (Boys)
2:00 pm	5th Rotation
2:45 pm	6th Rotation
3:30 pm	Afternoon Recreation
5:00 pm	Dinner
7:00 pm	Open Recreation and/or Evening Workout
8:00 pm	Evening Camp Programs, (celebrity Q&A, all camp games & dance, staff exhibition, campfires & more!)
10:00 pm	Recharge

Girls Rotations: Vault, Bars, Beam, Floor, Dance, Conditioning & Flexibility

Boys Rotations: Floor, Pommel Horse, Rings, Vault, Parallel Bars, High Bar

All schedules are subject to change due to weather, celebrity visits, and special circumstances.

Wednesday Schedule

9:45 am	Cabin Photos
10:00 am	Brunch
11:40 am	Warm-ups followed by the six 30 minute rotations
3:00 pm	Recreation
5:00 pm	Dinner
6:30 pm	Evening Recreation and/or Workout
8:00 pm	Evening Programs
10:00 pm	Recharge



Saturday Schedule

7:00 am	Breakfast
8:30 am	Check-Out
9:30 am	End of Check-Out

12:00 pm	Lunch for stay over campers
12:30 pm	Recreation, relaxation & play!
5:00 pm	Dinner
6:00 pm	Recreation, campfire & s'mores
8:00 pm	Saturday Night Movie
10:00 pm	Recharge & Sleepover



All schedules are subject to change due to weather, celebrity visits, and special circumstances.

Gymnastics

IGC was built exclusively for gymnastics: nothing compares to the facilities, practice schedule, planning, and programming here at IGC.

Five separate gyms make IGC one of the world's best places to train. National teams from around the world come each summer to take advantage of the equipment and facilities.

Personal goal setting with each camper allows our coaches to tailor the week to exactly what your gymnast needs. Campers are evaluated by our staff and placed into workout groups according to their skill level, to make sure they get the drills and practice they need. Our focus in coaching is on technique and proper progressions – reinforcing and building on what they get each day in their own gym.

Our goal is that gymnasts leave camp even more in love with gymnastics than when they arrived, inspired by their own accomplishments, by the gymnasts they trained with at camp, and by the gymnastics celebrities they get to be around!



Recreation

Our recreation program includes everything you have imagined about a traditional summer camp: the fun, the games, the playtime, the stories, the laughter, and the excitement!

For campers, our outdoor activities include Scary Aerie, water slides, forest laser tag, Space Ball, swimming, beach volleyball, inflatables, miniature golf, kayaking, Gaga Ball, field sports, life size board games, etc.



Scary Aerie consists of our climbing tower, linked to our high ropes course and zip line. Campers climb the tower, cross the 20 ft long cable bridge, make their way to the 45 ft high platform, and speed down our 300 ft zip line over the water!

And of course, there is every type of traditional summer camp activity as well: arts and crafts, karaoke, foosball, ping pong, cabin contests, celebrity events, skits, dancing, staff exhibition, time with friends around campus, snacks from the Canteen, camp fires, etc.



Accommodations and Dining

Counselors & Cabins

We are committed to fostering healthy social and emotional development in each camper. IGC counselors are an integral part of the ultimate summer gymnastics camp experience.



Campers are housed in cabins by age, with at least two fully trained and supported counselors per cabin. IGC hires counselors specifically for their knowledge, education, experience, and personalities. In addition, we have mandatory pre-camp orientation and training, weekly continuing education, and summer-long support by experts in child development and child psychology, including Dr. Chris Thurber and Dr. Josie Palleja.

Our counselors oversee all cabin and recreational activities, enjoy every meal with their cabin, take an active role in each camper's day, get to know every camper as an individual, and live in the cabin with their campers.

The cabins themselves are air-conditioned chalet-style cabins, with bunk beds and dressers. The full bathrooms in each cabin include private showers and toilets. Counselors and campers take care of the day-to-day tidying up of their cabin, while the bathrooms are professionally cleaned by our staff.



A shower basket or caddy is an easy way for campers to bring their toiletries in and out of the bathrooms.

Mark or label your camper's belongings. You would be amazed how many campers have identical apparel and accessories!

International Cafe

Under the direction of our chefs, campers enjoy meals buffet style at the International Cafe.

The breakfast buffet includes fresh fruit, yogurt, bagels, oatmeal, a variety of cold cereals, eggs, meats, potatoes, a breakfast “treat” (french toast, pancakes, waffles, etc.), as well as milk, juice, and hot chocolate.

For lunch and dinner, our chefs prepare a full course hot menu buffet, as well as soup, a full salad bar, a build-your-own-wrap bar, and fresh fruit.



The daily varied menu always includes vegetarian choices and we do not use any nut products in our kitchen, canteen, or anywhere on campus. Our kitchen is also able to accommodate most other dietary allergies with advance notice. (Be sure to have your medical professional list any dietary requirements on the Physician’s Examination form, and do not hesitate to call and confirm about our capability to handle specific individual medical issues.)

Canteen

The canteen stocks a full line of the newest IGC apparel and souvenirs, as well as gymnastics wear and accessories – including shorts, leotards, grips, tape, prewrap, and wristbands. An assortment of snacks and drinks can be purchased at the canteen, as well as incidentals such as soap, toothpaste, and shampoo.

You can add money to your camper’s canteen spending account at any time through your “MY IGC” login. Because of the variety of needs of our campers, it is difficult to estimate an amount of spending money. From past experience, we would suggest starting with \$75 per week. You can monitor and top-up your camper’s spending via your “MY IGC” account throughout the week.

Campers are not able to overspend their accounts, but they are responsible for budgeting their own spending money. This should be discussed between the parents and campers prior to your arrival at camp. Unspent canteen money will be put back onto the credit card used to fund the account, typically within 15 days of your camper’s departure from camp. (Note: if you have changed or removed that credit card from your “MY IGC” account, there may be a significant additional delay in refunding the money.)

Medical Care 24-7

IGC Health Center

The centrally located IGC Health Center is staffed 24 hours per day with Registered Nurses and Certified Athletic Trainers. We also have a physician on call at all times. If a camper is injured or becomes ill and is out of activity for more than half a day, we always notify the family and work together with the parents to provide the best possible care for the campers. We have beds in the Health Center for any campers who need short term care from our medical staff. If an illness persists, we may require parents to pick up the camper from camp.

During Check-In, our medical staff are available for all parents and campers to meet and to discuss any individual medical needs or concerns.

Note: We do not refund any tuition for campers who cancel within 60 days of their session, who are “no-shows,” or who need to leave camp after checking in. We encourage you to consider purchasing Tuition Insurance.

Medications & Other Health Products

For our campers’ safety, all prescription and over-the-counter medications, supplements, vitamins, therapy oils, skin care products, homeopathic treatments (etc.), must be turned in to the Health Center during Check-In and must be administered by the Camp Nurse. Prescription drugs must be in the original container with licensed physician’s instructions.

Note: The Health Center is stocked with over-the-counter medications so you do not need to send them with your camper unless it is something your camper routinely takes.

Please place all medications and health products into a zip lock bag labeled with your camper’s name. Complete the Medical Administration Form found within your “MY IGC” account and bring it to camp with the medication(s) to turn into the Camp Nurse.

If your camper will be traveling with another person/family to Check-In, please be sure to have the Medical Administration Form filled out and brought to camp with your camper. If the camper requires an EPI-pen or inhaler on their person at all times, please contact the IGC Admin Office for the release form and send it with your camper for Check-In.

Any medications not picked up at Check-Out will be disposed of properly.

Medical Insurance

All campers must have medical insurance in order to attend camp.

Your personal medical policy is your camper's primary coverage. If a camper sustains an injury at camp, parents are required to pay for any out-of-pocket expenses and then submit the claim to their insurance company. Parents are responsible for paying, prior to Check-Out, all physician's fees and prescription costs incurred during the week(s) at camp.

If you do not have medical insurance for your child, a short-term policy for camp can be obtained through TravMark (1-800-358-0779).

Urgent or Emergency Medical Care

If your camper requires a trip to the doctor or ER, or a prescription to be picked up at CVS, Tannersville PA, the following protocol will be followed regarding physician/facility payment:

The nurse will call to notify the parent, guardian or emergency contact to discuss the health concern. If it is determined that the camper will visit our local physician, the nurse will pass on the doctor's office details to the parent/guardian. The parent/guardian will then be advised to call the medical office or pharmacy and make arrangements to pay with a credit card. A receipt of payment with diagnosis will then be sent home for the parent to submit to their insurance company.

NOTE: Please ensure that a parent, guardian, or extra emergency contact is reachable while your camper is away at camp. If a parent is going to be unavailable, please notify the emergency contact to give them a "heads up" in the unlikely event they are needed in your absence.



COMMUNICATION WITH CAMPERS

IGC prides itself on providing each camper with a traditional summer camp experience. As a result, IGC is a Device Free campus, free of cell phones, iPads/tablets, laptops/computers, gaming devices/consoles, and personal music playing devices.

This policy allows our campers to unplug from electronics and plug into real life relationships with fellow campers, counselors, and coaches. For parents, we provide many different ways to connect with your camper while they are at IGC. Read below to learn more!

Photos

From Check-In through Check-Out, the IGC Photography Staff takes hundreds of photos each day for families of campers to see! Photographs can be viewed daily (Monday's photographs are posted on Tuesday, etc.) on our secured photography site: <http://internationalgymnastics.smugmug.com>.



A password is required to access the photographs online. The password will be provided via the welcome email you receive one week prior to camp.

Note: While we post over 400 pictures every day, some campers are so active (and fast!) that they are impossible to catch, and some campers can be a little camera shy and avoid the photographers' lens. Check back the next day for more photos.



Professional quality prints of Cabin and Celebrity Photos are available for sale during Check-Out: a great way to collect friends' signatures and memories from the weeks at camp!

If you do not wish your camper to be photographed, please use the Media Release form to decline. *Note:* If you do decline the release, your camper will NOT be included in any photographs, including the cabin and celebrity photos.

CampStamps® – Electronic Mail

While camp is a device-free zone, we know that for many parents it is much easier to use technology to communicate with campers. Your “MY IGC” account is set up to offer this option! Parents send and receive electronic copies of all correspondence, our campers receive and write hard copies.

Purchasing CampStamps: To purchase *CampStamps*, log into your “MY IGC” Account, and click on the *CampStamps* icon under “Your Account.”

Letter from Parents: Parents send secure one-way emails to their campers through their online accounts. To write an email, login to your “MY IGC” account, then select the **Email Your Camper** link. We print out the email, and deliver it to the cabin just like traditional mail. Each email you send costs one *CampStamp*. Please note that all emails are printed in black and white.

Return Letters from Campers. “E-Letters” are how campers respond or write to you! Our *CampStamps* system prepares a reply sheet, complete with a unique bar code that corresponds back to your “MY IGC” account. Campers handwrite you their “E-letter,” and counselors deliver completed “E-Letters” each morning to the office, for scanning and uploading back into your account. Each response you receive costs one *CampStamp*.



Please Note: Correspondence to and from campers may be reviewed by our staff to ensure campers are having a positive experience, and to make sure any concerns are addressed with parents while the camper is still at camp.



It is not unusual for a camper to take a day or two to reply – campers have so many activities available, occasionally writing letters takes a back seat!

You can purchase packages of *CampStamps* prior to your camper’s weeks via your “MY IGC” account.

Traditional Mail

You are welcome to send traditional mail to your camper. Allow ample time for mail to arrive at camp and address the mail as follows:

[Camper's Name]

[Camper's Weeks Attending &, if already checked-in to camp, Cabin #]

International Gymnastics Camp

100 Gymnastics Way

Stroudsburg, PA 18360



When writing letters or including notes with care packages, focus on camp and how excited you are to hear about the camp, the gymnastics, and the new friends they have made.

Refrain from expressing anxious feelings about time away from home, even with the best of intentions (“I sure hope the food there is decent,” “I hope you’ll be okay,” or “Have a wonderful time. I hope I remember to feed your dog.”). Giving children something to worry about will increase the likelihood of nervousness or homesickness while at camp.

Care Packages

We offer a variety of pre-made IGC Care Packages filled with IGC apparel and merchandise. These can be ordered in advance online or, depending on availability, ordered at Check-In. You can choose the day of the week for delivery – it can be a welcome package for the first day of camp, or a fun surprise later in the weeks!

If you would like to send your camper a care package from home, follow the instructions above for mail. Please do not include any food items, candy, gum, or drinks. Because of food allergies and forest animals, only water bottles are allowed in cabins.



Internet

Campers do not have access to the internet or social media at camp. Our campers are busy working out, making new friends, and having fun!

3+ Week Campers: Off-Campus Visitation & Phone Calls

For campers staying three or more consecutive weeks, we are happy to accommodate families wishing to touch base on Saturdays with their campers. Families are welcome to come and pick up their campers on Saturday for a daytime or overnight off-campus visitation, or we can arrange for your camper to make a five-minute phone call to you on Saturday.

All requests must be received no later than the Wednesday before your Saturday call or off-campus visitation.

Saturday Off-Campus Visitation Options

For the convenience of our families, IGC offers multiple return times for off-campus visits. To request an off-campus visit, simply fill out the form in your “MY IGC” account no later than the Wednesday before the visit.

- **Option #1 – DAY ONLY – Return Saturday Before Dinner at 5:00 pm:** Pick-up your camper during Saturday morning Check-Out (8:30 – 9:30 am), return any time before dinner at 5:00 pm on Saturday.
- **Option #2 – DAY ONLY – Return Saturday No Later Than 7:00 pm (After Dinner):** Pick-up your camper during Saturday morning Check-Out (8:30 – 9:30 am), return any time before 7:00 pm on Saturday. *Please make sure your camper has eaten dinner before returning to campus under this option.*
- **Option #3 – OVERNIGHT – Return Sunday Morning.** Families can pick up their campers during normal Saturday morning check-out (8:30 am – 9:30 am). Campers must be back on campus between 9:00 am and 9:30 am on Sunday morning.

All campers returning will be checked back in at the security gate. For the safety and privacy of our other campers, friends and family will not be able to come onto campus at this time.

Saturday Phone Calls From Campers

Many parents enjoy receiving a five-minute phone call from their campers during extended stays here at camp. These phone calls take place on Saturday afternoon. During your designated phone call hour, we call your campers out of their recreational activities, and bring them to the office to make their call.

To request a Saturday afternoon phone call, please email our office with the following information:

- | | | |
|---|--|---|
| <input type="checkbox"/> Camper’s Name | <input type="checkbox"/> Name of person receiving call | <input type="checkbox"/> Phone Number |
| <input type="checkbox"/> Camper’s Cabin # | <input type="checkbox"/> Relationship to camper | <input type="checkbox"/> Time Zone / Location |

OTHER INFORMATION

In An Emergency

During the summer, our staff answers the phones from 8 am until 10 pm EST. Outside of office hours, the main voicemail will direct you to the emergency phone number of the person on call that night.

If you have a legitimate emergency, please do not hesitate to use this service. If your inquiry can wait until the morning, then please leave a message and staff will get back to you.

In the event of a national emergency where you are unable to immediately contact the camp, be assured that we will be caring for your camper.

Behavior At Camp – “Kount on Kindness”

Our aim is to offer a positive and safe camp experience to all campers. To that end, all campers are expected to contribute positively, and behave in an appropriate manner at all times.

As part of the campaign to help campers grow as people, and make the experience at IGC even better, IGC created the now worldwide program KOUNT ON KINDNESS. The Program was created by board-certified child psychologist Dr. Chris Thurber, and IGC Director Brent Klaus.

As Dr. Chris Thurber explains:

Some schools and camps have tried zero tolerance policies or harsh punishments to deal with [minor] misbehavior. However, recent research suggests that both approaches miss the opportunity to teach young people positive, prosocial behavior.

Of course, if a participant's behavior is seriously out of line, they are sent home. But that kind of serious misbehavior is extremely rare at IGC. What does sometimes happen, when young people are tired or frustrated, is a kind of low-level unkind behavior that's quick, subtle and sometimes invisible to staff and counselors.

With our Kount on Kindness campaign, IGC leads the way by coaching young people to take care of one another. Kount on Kindness aims to increase caring behavior by teaching kids the social benefits of unselfishness and connection.

– Dr. Chris Thurber

The result has been phenomenal:

Campers at IGC are always looking out for one another. Just as the coaches spot us in the gym and our counselors support us around camp, the kids care for one another. Young gymnasts work hard to improve their strength, flexibility and routines.... Our Kount on Kindness program challenge[s] everyone to improve their friendships and sportsmanship.

We all know that it feels good to get a smile or a high-five. Most of us also know that it feels bad to be left out or treated unkindly. At IGC, the young people always welcome new campers, encourage one another and speak up if they see unkind behavior.

When we work together, it makes everyone feel good... It's not just how you perform as an individual, it also matters how you treat one another. Kount on Kindness!.

– Dr. Chris Thurber

It is important for you as parents to discuss with your camper, in detail, the camp's expectations of behavior. For the record, the following behavior does constitute serious behavior, and is subject to immediate dismissal with no refund: violence, bullying, possession of weapons, repeated profanity, disrespect, bigotry, inappropriate sexual behavior, drug or alcohol use, smoking or any other behaviors that are potentially harmful to themselves or to others.

If a camper is dismissed from camp for serious violations, no refund is given and parents are required to make arrangements for immediate pick-up.

Furthermore, there are circumstances where we have agreed to accept a camper with full knowledge of their specific personal challenges. IGC will attempt to take all the necessary steps to make the experience successful, but may find that it is impossible to accommodate their needs. If this is the case the camper may be asked to leave for the good of the camper and/or the camp community.

Rules Summary

BEHAVIOR	SAFETY	FACILITIES	PROHIBITED
<p>Respect the camp</p> <p>Respect each other.</p> <p>No rudeness or profanity.</p> <p>No fraternizing.</p> <p>Male campers are not allowed in female cabins or on the pathways to female cabins, and female campers are not allowed in male cabins or on the pathway to male cabins.</p>	<p>Campers must attend all warm-ups and classes.</p> <p>Trampolines and spaceball can only be used when a staff member is supervising.</p> <p>Swimming and boating are only allowed when a lifeguard is on duty.</p> <p>Lifejackets must be worn on the lake.</p> <p>Campers must stay in the camp area. This includes those campers who drive themselves to camp. Car keys must be turned in to the camp office upon arrival.</p>	<p>Campers must remain in their assigned cabins. Cabins are open only to those who live there.</p> <p>Cabins are to be cleaned and beds made by campers before warm-up each morning.</p> <p>Campers will be charged for any graffiti or intentional property damage.</p>	<p>No nuts or nut products.</p> <p>No gum.</p> <p>No food or beverages in cabins.</p> <p>No electronic devices (including cell phones, smartwatches, laptops, tablets, cameras, music players, etc.).</p> <p>No tobacco products, alcohol, drugs.</p> <p>No weapons.</p> <p>No candles or other items that can cause fires.</p>

Parent Behavior Policy

IGC parents are expected to conduct themselves in a calm and professional manner both on the phone and in person. Conduct that is abusive, abrasive or disruptive to employees or to other campers and/or their families is not acceptable, and you and your camper will be asked to leave without refund.

Tipping

Our staff does not expect to receive tips. However, if you would like to leave a tip, you are more than welcome to do so.

FOR YOUR REFERENCE:

Registration & Financial Information

Registration

All registrations are done through our secured website – www.internationalgymnastics.com – to ensure the accuracy, privacy, and security of your application and payments.



For families new to IGC: Click on the “Enroll” button at the top of our website. A new family account will be created with your application. From then on, your account can be accessed via the “MY IGC” button on our website.



For returning IGC families: Click on the “MY IGC” button. You will be able to use and update your existing account to apply for the new summer season.

International Gymnastics Camp (“IGC”) reserves the right to refuse an application and/or dismiss a camper without refund at any time for any reason.

Payments & Due Dates

The full price of camp is \$1195 per session. When registering for camp, a deposit of \$250 per week enrolled is due with the application.

- **Register Early – Pay At Your Own Pace Until April 1st!**

Registering for camp before April 1st provides you with the opportunity to pay at your own pace. You are welcome to log into your “MY IGC” account at any time and make partial payments until March 31st.

On April 1st, all remaining final balances will automatically be charged to the credit card on file in your “MY IGC” account.

- **Register on or after April 1st – Full Tuition Due**

If you are registering for camp on or after April 1st, full tuition payment for all weeks enrolled must accompany your registration application.

\$250 deposit due with your online registration

Any balance remaining on April 1st will be charged automatically to the card on file.

(Registrations received after April 1 must include payment for full tuition.)

Payment Forms Accepted

We accept Visa, Master Card, American Express, and Discover. Credit card payments may be made at any time through your “MY IGC” account online.



IGC does not take payments or any credit card information over the phone.

Instead, log into your “MY IGC” and click on the Financial Management icon to view your account, check balances, and make payments.

2017 Cancellation and Partial Refund Policy

To notify us of any cancellations, and to initiate any refund request, use the *Cancellation Form* found in your “MY IGC” account (under Forms & Documents).

Based on the date you submit the *Cancellation Form*, you may be entitled to a partial refund. As our refund policy is limited, we strongly recommend purchasing Tuition Insurance with your registration. Read more about Tuition Insurance options on the next page.

DATE CANCELLATION FORM RECEIVED	IGC REFUND POLICY SUMMARY*
Before April 1st, 2017:	Refund equals all tuition payments less a \$100 processing charge per week cancelled.
After April 1st, but more than 2 months before your camper’s week begins:	Refund equals 50% of tuition paid.
Within 60 days of the start of the cancelled session:	No refund will be made if the cancellation form is received within 60 days of your camper’s session.

If you have purchased Tuition Insurance with your registration, please contact **Program Protector or **Abroad Insurance** directly to claim additional benefits beyond our refund policy.*

Please note: There is NO refund made for any camper who is a “No Show” or who withdraws at any time after arriving at camp. There is no reduction or refund of fees for late arrivals, early departure, or any dismissals.

Tuition Insurance – Interruptions & Cancellations

We understand that unforeseen circumstances may occur, interrupting the fun and excitement of camp or even requiring a cancellation of camp entirely. As our refund policy is limited, we are delighted to announce that we have partnered with Program Protector (US residents) and Abroad Insurance (non-US residents).



We **highly recommend** that you consider investing in Tuition Insurance if you are concerned about the financial consequences of having to cancel or withdraw from camp.

The protection plans are available for purchase during the online registration process, protect up to the full cost of your session, and include a variety of other benefits should the need arise.

You can purchase Tuition Insurance directly with your application (our camper application will link to the Program Protector website and back again). Although you may be eligible to purchase Tuition insurance after your registration, certain benefits are only available if payment for this plan is received by Program Protector with or before your final tuition payment.

Note: Tuition insurance is not included automatically with your enrollment. It must be purchased separately.



For more information on **Program Protector**, please contact the Customer Service Specialists at Program Protector at 1 800 423 3632. You will need to provide the code for International Gymnastics Camp — INTE0100PA — and refer to plans F530S (standard plan) and F530E (enhanced plan). Please ask for Tim, Jackie or Courtney.

To purchase **Abroad Insurance**, visit
<https://buy.sevencorners.com/policygroup/HW7C7C3/HW35CCP/>

IGC TERMS AND CONDITIONS

As part of your registration you would have agreed to International Gymnastics Camp LLC (“IGC”) *Appreciation and Assumption of Risk, Medical Authorization, and the General Release and Waiver of Liability*. It is important that you have read and understood these. We have included the documents as part of this guide for your reference. If you have any questions about the terms and conditions, please contact the office by email (office@internationalgymnastics.com) or by phone (+1 (570) 629 0244) between 8:00 am and 5:00 pm EST Monday to Friday.

Appreciation and Assumption Of Risk

I fully appreciate and understand that participation in gymnastics activities involves motion, rotation and height in a unique environment and, as such, carries with it a reasonable assumption of risk. In addition, the undersigned further acknowledges that the inherent risks of gymnastics participation are adequately appreciated and that said participation is done on a strictly voluntary basis. By signing this document, I understand that in addition to gymnastics activities, other recreational activities are offered by International Gymnastics Camp LLC, a/k/a (“IGC”), and my child may participate in these activities.

WARNING: Catastrophic injury, paralysis and even death can result from gymnastics activity. I fully appreciate this WARNING as well as the fact that, even under the best of conditions, participation in gymnastics activities involves inherent risks on the part of the performer. The undersigned certify that the inherent risks of gymnastics participation are adequately appreciated, and that said participation is done on a strictly voluntary basis. I am aware of and appreciate these risks; and I am assuming them on behalf of my child, to the fullest extent permissible under law. I realize that no environment is risk-free; and so I have instructed my child on the importance of abiding by International Gymnastics Camp LLC, a/k/a (“IGC”) rules, regulations and policies. My child and I both agree that he or she is familiar with these rules, regulations and policies, and will obey them. I understand that participation in gymnastics is physically and mentally demanding. I agree that my child is capable of partaking in gymnastics training and camp activities

Moreover, I understand that part of the camping experience involves group living arrangements and interactions that may be new to my child. This comes with certain psychological, emotional, mental and other physical risks and uncertainties, beyond what my child may be used to dealing with at home. I am aware of these risks, and I am assuming them on behalf of my child to the fullest extent permissible by law. I realize that no environment is risk-free, and so I have instructed my child on the importance of abiding by the camp's rules, regulations and policies, and my child and I both agree that he or she is familiar with these rules and obey them.

Medical Authorization

I authorize any physician, nurse or other health care provider, to communicate with the medical staff and director of Camp, or his/her designee, about my child's medical condition, treatment, and/or prognosis. We further authorize the camp medical staff to discuss any medical conditions with the director, his/her designee, or the child's counselor when the medical staff, in its sole discretion, believes such communication to be in the best interest of the child.

General Release and Waiver of Liability

I, as parent/guardian of my child/camper, hereby release International Gymnastics Camp LLC, a/k/a ("IGC"), its officers, employees, and agents from any and all liability, claims, demands, controversies, damages, actions and causes of action which may occur by reason of injury, death, loss of services or consortium, property damage and any and all other loss and damages of any kind and nature sustained by my child/camper resulting from participation in camp activities, including but not limited to: use of gymnastics facilities and equipment, medical emergencies for which authorization and consent have been given, and any other camp activities participated in of whatsoever nature. This release shall bind the undersigned, their heirs, administrators and assigns. I also agree that I, my assignees, heirs, distributees, guardians, next of kin, spouse and legal representatives will not make a claim against, sue, or attach the property of IGC in connection with any of the matters covered by the foregoing release. It is agreed that any dispute or cause of action arising between the parties, whether out of this agreement or otherwise, can only be brought in the Pennsylvania Court of Common Pleas located in Monroe County, Pennsylvania, and shall be construed in accordance with the laws of Pennsylvania. I further agree that any dispute concerning, relating, arising out of or referring to the subject matter of this contract shall be resolved exclusively by binding arbitration in Monroe County, Pennsylvania, according to the then existing commercial rules of the American Arbitration Association and the substantive laws of that state.