

International Gymnastics Camp

47 YEARS OF EXCELLENCE



PAUL RUGGERI

WORLD CHAMPIONSHIPS MEDALIST
6-TIME NCAA CHAMPION
PGC COMPETITOR



SVETLANA BOGUINSKAIA

3-TIME OLYMPIC GOLD MEDALIST
5-TIME WORLD CHAMPION
PGC COACH

• **THANKSGIVING CLINIC 2017** •

• **NOVEMBER 24TH & 25TH** •

WWW.INTERNATIONALGYMNASTICS.COM

PROGRAM INFORMATION

Experience the beauty of fall in the Pocono mountains at IGC's Thanksgiving Clinic. Over the Thanksgiving weekend, IGC opens its door for gymnasts of all levels to come and experience all the fun of summer camp in a special two day clinic. Gymnasts can choose between two options; overnight or day camp. Both overnight campers and day campers will receive 6 rotations of gymnastics training from our coaches and celebrities in our incredible facilities during the two-day clinic. Additionally, overnight campers will also be able to enjoy recreational games and activities including s'mores.

Come and join us for our mini fall version of summer camp!



SCHEDULE

Friday, November 24, 2017

- 10:00 Check-In & Cabin Orientation
- 11:00 Warm-Up & Celebrity Introduction
- 11:30 Rotation 1
- 12:15 Rotation 2
- 1:00 Lunch
- 2:00 Celebrity Q&A
- 2:30 Warm-Ups
- 2:45 Rotation 3
- 3:30 Rotation 4
- 4:15 Rotation 5
- 5:00 Rotation 6
- 5:45 Handstand Contest
- 6:30 Dinner
- 7:30 Evening Activities
- 9:00 Recharge

Day Campers check-in at 10:00 am on Friday.
Day Campers check-out at 5:45 pm on Friday.
Lunch is included for day campers.

Saturday, November 25, 2017

- 8:00 Breakfast
- 9:30 Warm-Ups
- 10:00 Rotation 1
- 10:45 Rotation 2
- 11:45 Rotation 3
- 12:15 Lunch
- 1:15 Exhibition/Lecture
- 1:30 Warm-Up
- 1:45 Rotation 4
- 2:30 Rotation 5
- 3:15 Rotation 6
- 4:00 Celebrity Autographs
- 4:45 Check-Out

Day Campers check-in at 9:00 am on Saturday.
Day Campers check-out at 4:45 pm on Saturday.
Lunch is included for day campers.

The Women's Gymnastics program rotations include Vault, Bars, Beam, Floor, Dance, and Strength/Flexibility.
The Men's Gymnastics program rotations include Floor, Pommel Horse, Rings, Vault, Parallel Bars, and High Bar.

ACCOMMODATION AND DINING

At IGC, we are committed to providing the best care for every camper. Campers are housed by ages in heated, chalet-style cabins with bunkbeds, dressers, and fully equipped private bathroom facilities. Caring IGC counselors live in the cabins and are tasked with making the cabin a home-away-from-home for each camper.

Under the direction of our chefs, campers enjoy buffet style meals in the International Café. The daily menu includes vegetarian choices, and our kitchen is able to accommodate most dietary allergies with advance notice.



WHAT TO BRING

All Campers

Workout Gear

- Leotards for girls (girls may wear leo shorts or leggings over their leotard)
- T-shirts and shorts for boys
- Sweatpants
- Sweatshirts
- Water bottle
- Other gymnastics gear normally used (grips, tape, tiger paws, braces, etc.)

Cold and Inclement Weather Clothing

- Jacket / winter coat
- Boots or sneakers (appropriate for outdoor wear)

What not to bring:

We strongly recommend to leave all valuable, brand new, or sentimental items at home. We also do not permit any outside food (including candy and gum) or electronic devices, including cell phones, cameras, tablets, laptops, social media devices and electronic games. We are also a nut free facility.

Overnight Campers Only

Overnight Gear

- Sleepwear
- Underwear & socks
- Sleeping bag (or twin sheets & blankets)
- Pillow & pillowcase
- Towel
- Brush/comb
- Hair dryer
- Toothpaste & toothbrush
- Soap, shampoo, & conditioner
- Deodorant

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REGISTER ONLINE

All registrations are accepted online through our website: www.internationalgymnastics.com.

Registration is on a first come, first served basis.

Fees will be charged in full by credit card once your application has been received and processed. After registration, other forms and documents must be completed before your gymnast arrives.

All participants must have their own medical insurance to attend the clinic.

DIRECTIONS

IGC is located in the beautiful Pocono Mountains of 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 I-80. *We do not recommend using directions from older GPS systems.*



COST

- 2 Day Clinic - Overnight camp option including all meals and housing \$395
- 2 Day Clinic - Day camp option, lunch included both days \$345
- Late Fee - Registrations must be received by Nov. 10, to avoid a late fee of \$20 per person.
- Cancellations - With written notification prior to Nov. 10, fees are refundable minus a \$30 processing fee. From Nov. 11 - Nov. 22, with written notification, the cancellation processing fee increases to \$45. No refunds are available after Nov. 22.



VISITING COACHES PROGRAM

Our Visiting Coaches Program offers professional coaches (18+) the opportunity for continuing education through lectures, observation, hands-on practice, and networking.

- 2 Day Program Friday and Saturday including all meals and housing. \$275
- 2 Day Program Friday and Saturday lunch only (without housing). \$225
- 1 Coach (18+) from gyms that send 5 or more gymnasts FREE*

*For more information, please call our office and ask to speak with the program administrator, Geri Johnston. There is limited availability for this program. Apply early to ensure your space.

TRAIN AT THE BEST FACILITIES IN THE WORLD THIS THANKSGIVING!

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WWW.INTERNATIONALGYMNASTICS.COM