



International Gymnastics Camp

2018

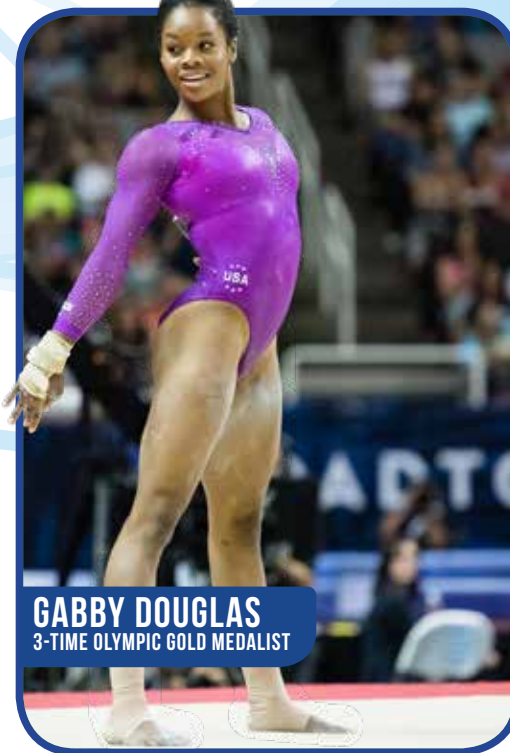
47 YEARS OF EXCELLENCE



NASTIA LIUKIN
2008 OLYMPIC GOLD MEDALIST



LAURIE HERNANDEZ
2016 OLYMPIC GOLD MEDALIST



GABBY DOUGLAS
3-TIME OLYMPIC GOLD MEDALIST

WWW.INTERNATIONALGYMNASTICS.COM

PAST & PRESENT CELEBRITIES AT IGC



JONATHAN HORTON
2-TIME OLYMPIC MEDALIST



LAURIE HERNANDEZ
2016 OLYMPIC GOLD AND SILVER MEDALIST



GABBY DOUGLAS
3-TIME OLYMPIC GOLD MEDALIST



MADDY CURLEY & TARAH PAIGE
STARS IN THE MOVIES *CHALK IT UP* AND *STICK IT*



JAKE DALTON
2-TIME OLYMPIAN



NASTIA LIUKIN
2008 OLYMPIC GOLD MEDALIST



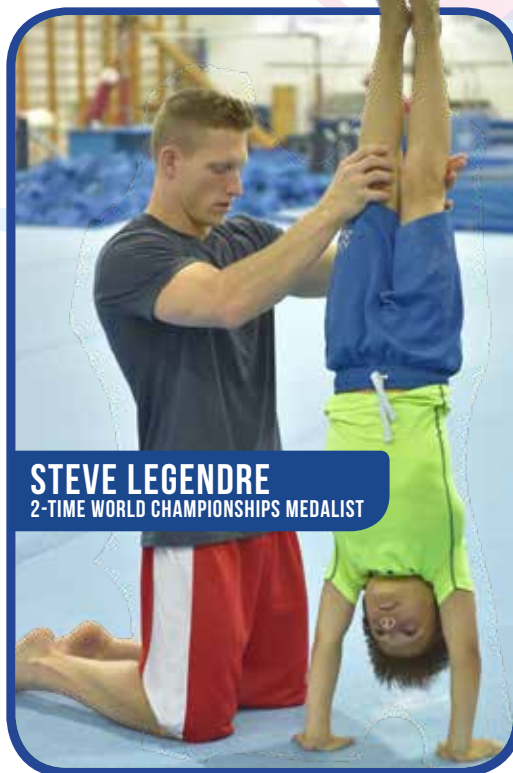
PAUL RUGGERI
WORLD CHAMPIONSHIPS MEDALIST



JUSTIN SPRING
OLYMPIC MEDALIST



SAMANTHA PESZEK
OLYMPIC MEDALIST



STEVE LEGENDRE
2-TIME WORLD CHAMPIONSHIPS MEDALIST



SVETLANA BOGUINSKAIA
3-TIME OLYMPIC GOLD MEDALIST



AND MANY MANY MORE!



OKSANA CHUSOVITINA
7-TIME OLYMPIAN



CHRIS BROOKS
2016 OLYMPIAN

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VISIT
WWW.INTERNATIONALGYMNASTICS.COM
FOR INFORMATION AND UPDATES ON THIS
YEAR'S CELEBRITIES

Gabby Douglas and Nastia Liukin
cover photos by John Cheng
Chris Brooks back cover by Grace Chiu.
All other back cover images by John Cheng.

01



AT IGC

WE COMBINE PREMIER GYMNASTICS TRAINING AND EXCEPTIONAL RECREATION
ACTIVITIES TO CREATE THE ULTIMATE SUMMER GYMNASTICS CAMP EXPERIENCE

ABOUT IGC

At IGC, we believe in providing the best overall training and recreation program for our campers. Our program creates a balance of gymnastics and summer recreational activities resulting in a true summer camp experience.

IGC was designed from the ground up to be exclusively a gymnastics summer camp! From our five gyms on campus, to the individualized training programs, to the world-class gymnastics celebrities, the IGC experience is one of a kind. Our goal is that gymnasts leave camp even more in love with gymnastics than when they arrived, inspired by their own accomplishments, inspired by the gymnasts they trained with at camp, and inspired by the gymnastics celebrities' encouragement and support!

In addition to outstanding gymnastics training, our goal is to help each camper grow as an individual. 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!

OUR MISSION

International Gymnastics Camp provides global leadership for the gymnastics community through state of the art education, safety, and research. Our staff is highly skilled and professionally trained in gymnastics and in promoting positive child development. We are committed to gymnastics: preserving its history, keeping its excellence, and ensuring its future.

"I've been around IGC for a lot of years and every year they manage to improve in order to make every child's experience more exciting. and more fun so they can learn more gymnastics."

Miles Avery - 4-time Men's Olympic Team Coach



5 year campers in their IGC sweatshirts

THE IGC TRADITION

47 YEARS OF EXCELLENCE

One great thing about coming to IGC is knowing that you are stepping foot into a long history of excellence. For over four decades, IGC has been owned and operated by the Klaus family with the utmost pride and dedication to each child's summer camp experience. Our main concern has always been the further development of our campers as gymnasts and as people.

When IGC first opened its doors in 1971, the goal was to create a space for gymnasts and coaches from around the world to collaborate, learn, play 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. IGC has been developed and handed down to each current generation of gymnasts who keep the great tradition flourishing.

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THE KLAUS FAMILY

BRENT, KARA, CHERYL & BRUNO KLAUS



BRUNO & CHERYL KLAUS

IGC was founded in 1971 by Bruno & Cheryl Klaus. Bruno's involvement in gymnastics spans over six decades, as an All-American gymnast, judge, coach, and camp director. Professor Emeritus, Bruno Klaus, also holds a Master's Degree in Health and Physical Education and was a professor at East Stroudsburg University for over 30 years.

- USA Gymnastics Hall of Fame inductee
- USA Gymnastics National Foundation Board of Directors
- 1962 United States World Championships Team Member
- Southern Illinois University Hall of Fame
- NCAA High Bar and Vault Champion
- Coach of the 1983 and 1984 NCAA Division II Men's Championship Teams
- NCAA Division II Coach of the Year in 1983, 1984, and 1985
- 2017 Golden Achievement Award - World Acrobatic Society
- American Turners Life Member (60+ years)
- Pioneered the standards for safety pits
- Designed and developed the industry standard 6" x 6" foam pit block
- Member of the International Hall of Fame Board of Directors
- East Stroudsburg Council of Trustees - appointed by Gov. Tom Corbett

CAMP DIRECTOR BRENT KLAUS

Brent Klaus is a graduate of the Gene Ezersky Camp Safety College. A former member of the US Men's National Team, an Ohio State gymnast, and competitor for the US in the 1995 World University Games in Japan, Brent is the only person to ever score a perfect 10.0 on Vault at USA Championships. A former Professional Bull Rider for 15 years, Brent is the founder of the Professional Coaching Diploma Program at IGC, Kount on Kindness, the Gymnastics Activity Book, and Be Gymnastics. As well as being the founder, creator, and producer of the Professional Gymnastics Challenge on ESPN, Brent is also an Executive Producer of the movie *Chalk It Up*.

SECOND GENERATION AT IGC

Kara and Brent Klaus, children of Bruno and Cheryl, are the second generation of IGC administration. Priding themselves on the traditions of their family, Kara and Brent continue to uphold the legacy that is IGC. Brent is the Camp Director at IGC, while Kara is the Camp Director of IGC's sister camp, International Sports Training Camp.



Camp Director Brent Klaus - Professional Coaching Diploma lecture

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OUR CAMPERS



THE IGC CAMPERS

UNITING THE GYMNASTICS WORLD SINCE 1971

At IGC, we are dedicated to those who love gymnastics. **Our campers are male and female gymnasts ages 7 to 17, from true beginners to elite gymnasts.** Our campers come from over 60 different countries. IGC is the only place in the world that provides this unique gymnastics summer camp experience, giving campers the opportunity to experience the diversity of the world of gymnastics.

IGC campers are passionate about the sport of gymnastics, and this passion shines through every aspect of camp life at IGC. Their dedication, combined with our standard of excellence, creates the perfect atmosphere for workout and play.





OUR STAFF



THE IGC STAFF

PROVIDING A SAFE AND EXCITING CAMP EXPERIENCE

Our primary concern is the further development of our campers as gymnasts and as people, and we take pride in the excellence, quality, safety, and professionalism of our staff.

All staff are experienced, knowledgeable, consistent, and caring adults.

FACTS ABOUT OUR STAFF:

- All staff go through extensive background checks and security screening.
- There is a 1:3 staff to camper ratio, and a 1:8 coach to gymnast ratio.
- A minimum of two trained counselors live in every cabin.
- All staff members are CPR and First Aid certified.
- Our Registered Nurses and Certified Athletic Trainers provide medical care 24/7.

We hire our coaching staff for their gymnastics expertise and experience, and for their dedication to the continual improvement of their coaching and teaching skills. IGC is committed to fostering healthy social and emotional development in each camper. To this end, IGC uses only fully trained and supported counselors, hired specifically for their knowledge, education, experience, and personalities. These counselors oversee all cabin and recreational activities, enjoy every meal with their cabin, take an active role in each camper's day, and get to know each camper as an individual.



Our staff have specialized training and certifications in their fields. We are the only gymnastics camp that prepares its staff with pre-camp and summer-long education by experts in child development. Lectures and programs are by:



- Dr. Josie Palleja, PhD - child development specialist; child, adolescent, and family psychotherapist.
- Dr. Chris Thurber, PhD - Board-certified clinical psychologist, author, and teacher.
- Sylvia van Meerten, MA - limited licensed professional counselor, Autism Spectrum Disorder (ASD) Specialist.

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IGC CAMP LIFE

FROM CABIN LIFE TO OUR WORLD-CLASS RECREATION PROGRAM, WE PROVIDE THE BEST GYMNASTICS TRAINING AND THE BEST OVERALL SUMMER CAMP EXPERIENCE

THE IGC EXPERIENCE

IGC offers our campers the best camp life experience. Every week at IGC is designed to maximize the amount of time each camper has for coached gymnastics training, for amazing recreational activities, and for rest and relaxation.

We schedule the day so that every camper gets six coached rotations each day, plus additional workout time in the evening. Our recreational program is designed for campers to have fun, make friends from around the world, gain self-confidence, and feel positive about themselves. Our staff are here to care for campers: living with them, engaging with them in activities, and mentoring them throughout the day.

SAMPLE SCHEDULE:

WOMEN'S GYMNASTICS

7:30 AM	BREAKFAST
9:10 AM	WARM-UPS
9:30 AM	VAULT
10:15 AM	UNEVEN BARS
11:00 AM	BALANCE BEAM
11:50 AM	LUNCH
1:00 PM	WARM-UPS
1:15 PM	STRENGTH & FLEXIBILITY
2:00 PM	FLOOR
2:45 PM	DANCE

RECREATION

3:30 PM	RECREATION
5:30 PM	DINNER
6:45 PM	EVENING WORKOUT AND/OR RECREATION
8:00 PM	EVENING PROGRAMS (CELEBRITY EVENING, SKITS, DANCE, STAFF EXHIBITION)
9:30 PM	RECHARGE FOR YOUNGER CAMPERS
10:00 PM	RECHARGE

All campers and staff members actively participate in the Kount on Kindness program, a proactive positivity campaign created by IGC. Celebrities who come to camp become a permanent Kount on Kindness Ambassador, role modeling positive behavior for the campers.

We take great pride in the fact that **we are the only gymnastics camp accredited by the American Camp Association.** We offer the highest level of gymnastics expertise, and we are the only gymnastics camp that offers the highest standard of care in every aspect of camp life!

MEN'S GYMNASTICS

7:30 AM	BREAKFAST
9:10 AM	WARM-UPS
9:30 AM	FLOOR EXERCISE
10:15 AM	POMMEL HORSE
11:00 AM	STILL RINGS
11:45 AM	VAULT
12:45 PM	LUNCH
1:45 PM	WARM-UPS
2:00 PM	PARALLEL BARS
2:45 PM	HORIZONTAL BAR



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OUR CAMPUS



THE IGC CAMPUS

Located in the beautiful Pocono Mountains, our 50 acre campus includes everything and more when it comes to the ultimate summer camp experience. Our camp is designed to blend in with the natural surroundings, and everywhere you look you can feel our appreciation for nature. Our gardens and landscaped areas provide the perfect tranquil setting to enjoy a meal, play, and relax after a busy day in the gym.

"When IGC was created in 1971, our goal was to create a space for gymnasts and coaches 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."

Cheryl Klaus – IGC Founder



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OUR GYMS



OLYMPIC GYM



VAULT & FLOOR GYM



BAR GYM



BEAM GYM



DANCE GYM

THE GYMS AT IGC

Every year since 1971, IGC has made improvements that have revolutionized the industry and allowed IGC to become the only gymnastics facility in the world with five separate gyms. Each gym is designed to maximize training opportunities, progress, and safety.

- Our gyms are designed to provide drill and skill specific training.
- We are an industry leader in gym design, pioneering both pit construction and the invention of the standardized 6"x6" foam block.
- Our gyms are constantly evolving with new state-of-the-art equipment introduced each year.
- Olympians, World Champions, National Teams, and athletes from true beginner to advanced level come to train at IGC from all around the world.
- Our gyms include equipment for gymnasts of all ages and levels.
- **All five gyms are fully air-conditioned.**

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MEN'S TRAINING AT IGC

THE OLYMPIC GYM

MEN'S TRAINING

Our Olympic Gym is centered around IGC founder, Bruno Klaus' invention, the 6" x 6" foam block. This gym was specifically designed with the world's largest foam pit to provide unparalleled training opportunities.

Our male gymnasts have the ability to train all six events unlike anywhere else. These gymnasts have access to an oversized competition floor, vaults, two tumble tracks, two rod floors, rings, parallel bars, and high bar all going into the foam pit.

They also take advantage of a dedicated pommel horse area with multiple pommel horse and drill stations; a dedicated parallel bar area; low, high, and competition ring stations; uphill vault training stations, and smaller sized JF pommel horse and parallel bar equipment specially designed for younger gymnasts.

"What sets IGC apart from other camps is in the name: it's INTERNATIONAL. International coaches, international counselors, international gymnasts are all right here. It's great to have people with different outlooks on life come in and teach you things that you wouldn't otherwise learn."

Chris Brooks – 2016 Olympian



CONSTANTIN PETRESCU
ROMANIAN OLYMPIC GYMNAST & COACH



CHRIS BROOKS
2016 OLYMPIAN



IVAN IVANKOV
2-TIME ALL-AROUND WORLD CHAMPION



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VAULT & FLOOR TRAINING AT IGC



VAULT & FLOOR TRAINING

With three spring floors, two tumble tracks, two rod floors, loose foam pits, resi-pits, and drill stations, all of our campers have the opportunity to improve their gymnastics in a safe environment.



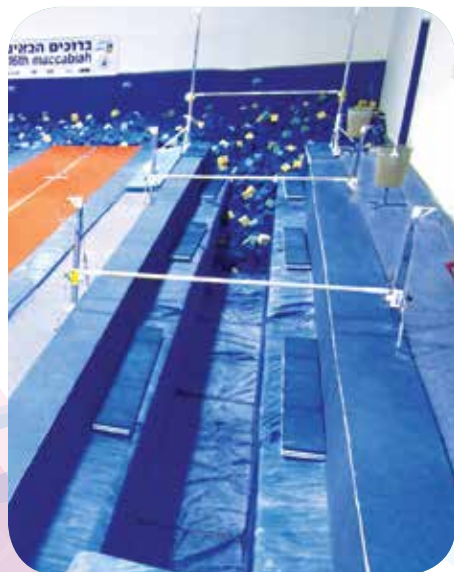
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UNEVEN BARS TRAINING AT IGC

UNEVEN BARS TRAINING

Designed for gymnasts to excel on bars, IGC has eight full sets of uneven bars, a single-rail pit bar, low strap bars, high strap bars, four tunnel bars including one into pit, trampoline bar, handstand trainers, floor bars, and countless drill stations.



MIHAI GHEORGE
3-TIME ROMANIAN NATIONAL TEAM MEMBER





BALANCE BEAM TRAINING AT IGC



BALANCE BEAM TRAINING

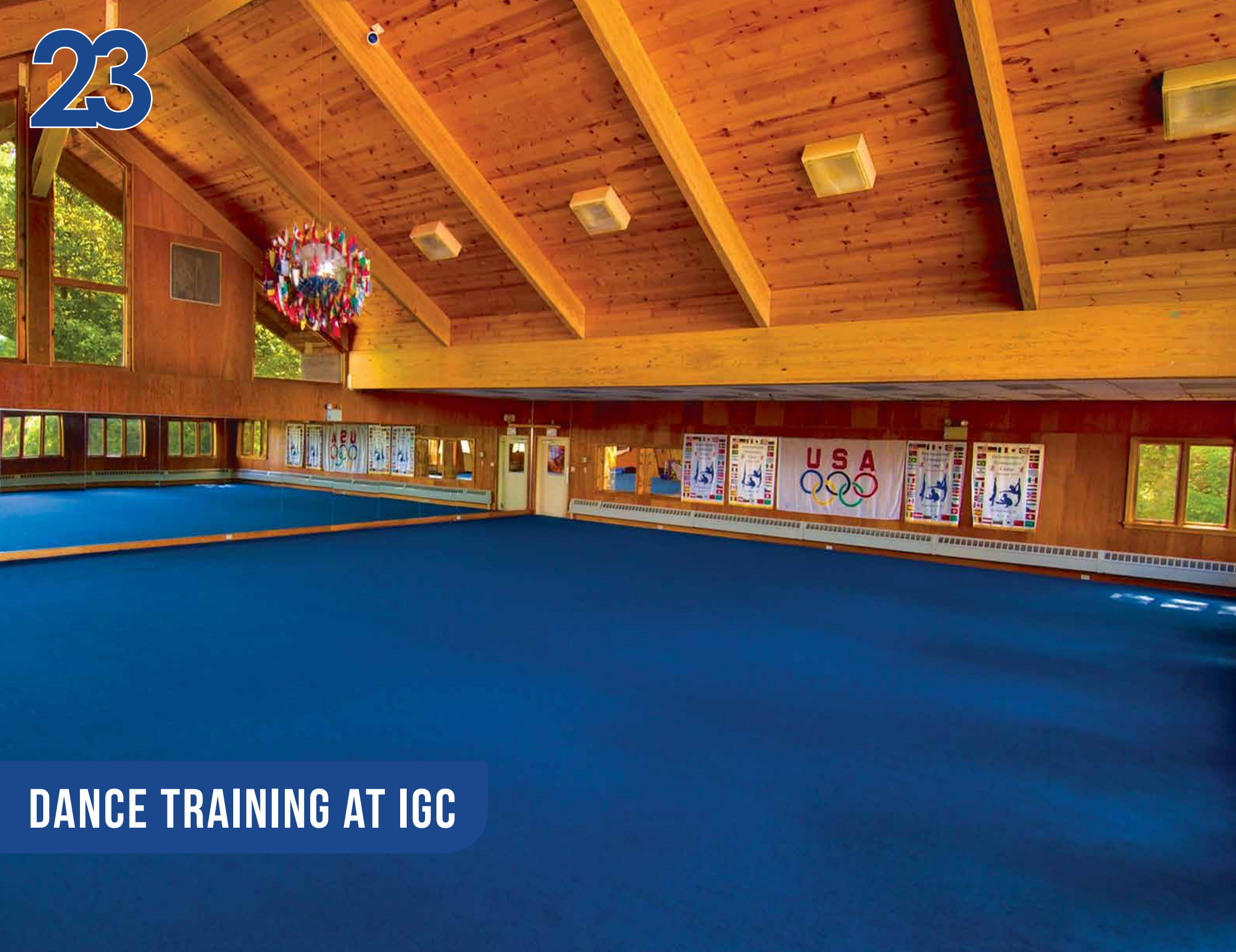
With over 30 beams of various heights, floor beams, a wide variety of practice stations, and a pit area designated for beam dismounts, our Beam Gym offers campers the very best beam development opportunities. Our amazing equipment and facilities make it possible for our campers to progress through skills in a confident, positive manner.

" Learning new skills with top notch international staff members and Olympic champions will make your summer camp experience unforgettable! "

Svetlana Boguinskaia - 3-time Olympic Gold Medalist



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DANCE TRAINING AT IGC



DANCE TRAINING

Our Dance Gym features a customized dance floor specifically made for gymnasts, a professional sound system, and fully mirrored walls. It is ideal for developing dance skills in a wide range of disciplines, including ballet, jazz, and hip-hop, as well as perfecting gymnastics leaps and turns.

Campers look forward to showcasing their dance routine at the weekly staff exhibitions.



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RECREATION & EVENING ACTIVITIES



RECREATION

Our recreation program is all about the fun and friendship of the summer camp experience from kayaking to campfires to cabin spirit. It is designed to help campers meet new friends, learn exciting skills, develop confidence, and have the time of their lives!

One of our most popular recreation spots at camp is Scary Aerie. At Scary Aerie, campers climb our five-story high rock wall tower. From there, campers cross a Burma Bridge to reach the zip line. Campers zip across the lake, passing the 20' fountain to arrive at the far side of the nature preserve! Multi-year campers may add the challenge course section of Scary Aerie as their skills improve.





RECREATION

Our recreation program features an incredible range of specialty and traditional summer camp activities. Rest assured knowing that certified lifeguards, certified recreation specialists, and trained counselors staff every activity to help campers get the most out of each recreational opportunity.

Our recreation program includes:

- Scary Aerie (5-story rock wall, Burma Bridge, 200+ ft zip line)
- Swimming, kayaking, and jet skiing*
- Celebrity Q & A and autograph sessions
- Karaoke
- Themed weekly Cabin Challenges
- Water slides
- Laser Tag
- Spaceball and Gaga ball
- Tennis and Pickleball
- Field Games
- Handstand, Strength, and Flexibility Contest
- Camp Dance
- Staff Exhibition
- Scavenger Hunts
- Mini golf, foosball, and ping pong
- Volleyball, soccer, and basketball
- Lakeside activities
- Bounce houses and inflatables
- Campfires and Saturday s'mores
- Life-sized board games ...and so much more!

*Jet skiing has an additional cost and limited availability.







THE IGC CANTEEN

During recreational activity times, the Canteen is open for campers to purchase extra snacks, drinks, and IGC merchandise!

The Canteen stocks a full line of the newest IGC apparel – leotards, shorts, shirts, sweatshirts, sweatpants, gymnastics gear, and so much more! Campers can also purchase an exciting assortment of hot food, snacks, drinks, and sweets from the Canteen counter, as well as any other camp essentials such as soap, toothpaste, towels, and other toiletries.

During check-in and check-out, our IGC Boutique opens for campers and parents. The boutique provides the opportunity to try on IGC apparel for sizing and quality.

Our spacious Canteen is also a great gathering place. Campers play games, watch movies and gymnastics competitions, and interact with staff and celebrities from all around the world. The Canteen is the perfect place for the Thursday night Disco, complete with a high-quality sound system, colorful lighting, and an IGC DJ.



Samantha Peszek and Nastia Liukin signing autographs for campers.



OUR ACCOMMODATIONS

Campers are housed by age group and may request a roommate of no more than one year age difference. IGC campers live with their counselors in chalet cabins situated among the trees and wild rhododendron. IGC's air conditioned cabins feature complete bathrooms.

From the moment campers arrive until they depart, IGC counselors are an integral part of the ultimate camp experience. Counselors participate in recreation activities, enjoy meals with their cabin, and take an active role in each camper's day to help ensure that everyone gets the most out of their IGC summer.





DINING & NUTRITION

Nutrition is a very important part of every gymnast's lifestyle, and at IGC we pride ourselves in providing only the very best food for our campers. Under the direction of our amazing chefs, camper meals are provided buffet style.

Our full salad and fruit bar is available at every meal, so campers never have to worry about being able to get their servings of fruits and vegetables. For breakfast, campers can start the day with eggs, meats, potatoes, French toast/pancakes/waffles, yogurt, bagels, toast, a variety of cold cereal, juice, milk, and hot chocolate. Our full course hot lunch and dinner menu is complimented by our 20' salad and fruit bar, soup options, and a build-your-own sandwich and wrap bar, satisfying even the pickiest of eaters. Our daily menu always provides vegetarian options, and our kitchen is also able to accommodate most dietary allergies with advance notice.





SAFETY & ACCREDITATIONS

The safety and well-being of our campers is our first priority ensuring that we are providing an amazing and unforgettable camp experience!

We are the only gymnastics camp that is 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 from staff training to emergency management in order to ensure our continued accreditation.

Our campus is gated with 24/7 on-site security. Our office is staffed from 8 am to 10 pm, and we have an emergency off-hours phone should families need to contact us at any time.

HEALTH CENTER

IGC provides its very own Health Center for all campers and staff in need of medical attention. Located adjacent to our gymnastics facilities, our well-equipped Health Center is staffed 24/7 with live-in Registered Nurses and Certified Athletic Trainers.

Our nurses are responsible for the dispensing of all camper medications – secured in the Health Center at all times – as well as overseeing the care of any individual camper's medical needs. During check-in, our medical staff is available for all parents and campers to meet and to discuss any individual concerns.



GYM CLUB PROGRAM

We are extremely privileged to have so many Gym Clubs choose to attend IGC, and we offer a special Gym Club program for clubs that send 10 or more gymnasts!

GYM CLUB PACKAGES

GYM CLUBS OF 10 OR MORE RECEIVE:



**IGC
T-SHIRT FOR EACH
CAMPER**



**GYM CLUB
PHOTO**

(taken when the
majority of the
group is at camp)



**PERSONALIZED
GYM CLUB
BANNER FOR
YOUR GYM**

ADDITIONAL GYM CLUB BENEFITS

- One coach (age 18+) may attend our Visiting Coaches' education program free of charge for every 10 gymnasts enrolled. (Limited space each week. Apply Early).
- For every 20 weeks enrolled, IGC will give your Gym Club one free week of camp. This can be used for a scholarship or fundraiser.
- For questions or to register your club, contact Geri Johnston at geri@internationalgymnastics.com. To qualify for Gym Club packages, enrollments must be completed by June 1. Groups may qualify for additional visiting coaches depending upon the number of gymnasts attending camp.



VISITING COACHES' PROGRAM

Throughout the summer, our Visiting Coaches' Program offers professional coaches (age 18+) from around the world the opportunity to continue their education through lectures, observation, hands-on practice, and networking.

It's one of the rare opportunities for personalized mentoring and education with clinicians who analyze, evaluate, and understand each coach's needs. The Visiting Coaches' Program gives coaches the chance to refine their individual philosophies of coaching; develop new tools to plan, implement, assess, and improve coaching; participate in practical learning, hands-on spotting and drills for skills; and discuss the latest in safety and risk management issues.

Housing and meals are included, and visiting coaches also have the opportunity to enjoy some of IGC's exciting recreational activities.

The week-long program includes:

- Expert coaches and guest lecturers
- Up to 15 hours of classroom based instruction
- Up to 20 hours of observing and/or hands-on development
- Gymnasts of all abilities and levels to observe during the week
- Opportunity to observe and ask questions of Elite/NCAA coaches, gymnasts, and judges
- Content tailored to your individual needs and focus areas

For more information on this program, visit us at:
www.internationalgymnastics.com





IGC INITIATIVES



KOUNT ON KINDNESS

Kount on Kindness is the international positivity program created here at IGC for clubs, gymnasts, coaches, parents, and fans of gymnastics. The goal is to highlight and reinforce positivity for the benefit of the entire gymnastics community! In addition to teaching and reinforcing caring behavior in kids, we run four major Kount on Kindness campaigns each year to help recognize individuals and clubs for what they do, and to give the entire gymnastics community opportunities to spread the kindness.

Kount on Kindness was originally created by IGC's Director Brent Klaus, together with Dr. Chris Thurber, board-certified clinical psychologist. The program is open to clubs as well as individuals, and we are delighted to now have gymnastics organizations on three continents participating.

For more information and to sign-up, please visit www.kountonkindness.com



GYMNASTICS ACTIVITY BOOK

IGC's Gymnastics Activity Book is a free magazine for gymnastics clubs and organizations. Our goal is to create lifelong gymnastics fans through fun and educational activities.

Each issue features:

- Gymnastics-themed games, puzzles, and coloring page
- Mini-interviews and advice from the gymnastics stars of today
- Upcoming events previews and fan-friendly explanations
- Gymnastics history pages presented specifically for today's generation of gymnasts
- Regular educational features for parents and families of gymnasts

For more information and for your club to sign-up, please visit www.gymnasticsactivitybook.com



CHALK IT UP

Chalk It Up is this generation's next great gymnastics movie! Filmed at IGC and written, produced, and starred in by actual gymnasts, *Chalk It Up* is the perfect gymnastics movie for the whole family and a great opportunity to promote the sport of gymnastics.

Starring Maddy Curley of *Stick It*, the movie also features actresses and former gymnasts, Tarah Paige and Brittnee Habbib, all of whom are regular celebrities at IGC! Camp Director, Brent Klaus, is one of the films Executive Producers and biggest supporters.

Find *Chalk It Up* on iTunes and Amazon now. Look for it on other major digital platforms and the IGC Online Store!



PRO GYMNASTICS CHALLENGE

Almost twenty years ago IGC Director, Brent Klaus, conceived of an action-packed, skill-for-skill battle between the world's best gymnasts. The concept grew from in-house competitions at IGC, to friendly "battles" between college teams, to the live Evolution event, to the Pro Gymnastics Challenge ("PGC") featuring Olympic and world-renowned gymnasts and televised by ESPN!

Past competitors have included 2016 Olympic Gold Medalist Eleftherios Petrounias, 2016 Olympic Bronze Medalist Alex Naddour, 2016 Olympian Chris Brooks, 7-time Olympian Oksana Chusovitina, 3-time Olympian Catalina Ponor, and 3-time World Champion Chellsie Memmel.

Watch for the next major event in the PGC series!

BE GYMNASTICS® AND BE A GYMNAST®

What does "Be Gymnastics" mean? We think it's a little bit different for everyone. To us, "Be Gymnastics" & "Be A Gymnast" are all about having pride in the sport we love. It's having confidence in who you are as a gymnast, and letting that confidence guide you through every aspect of your life. Gymnastics teaches skills that can be applied to all areas of life. From physical to mental to emotional, gymnastics is so much more than just a sport. It's a lifestyle to be proud of, to emulate, and to live by.

With our "Be Gymnastics" & "Be A Gymnast" campaigns we are aiming to inspire, support, and increase the gymnastics community. We are also working in conjunction with the American Turners History Museum to preserve the history of gymnastics. All proceeds earned from "Be Gymnastics" & "Be A Gymnast" products will go towards the American Turners History Museum. **To shop for "Be Gymnastics" & "Be A Gymnast" products visit the IGC Online Store!**



AMERICAN TURNERS GYMNASTICS MUSEUM

We are proud to host the American Turners History of Gymnastics Museum, featuring equipment, photographs, artifacts, awards, memorabilia, and documents from the mid 1800s to today!

It is the only collection of historic Turner gymnastics material in the United States and a great opportunity for the gymnasts of today to learn about the gymnastics of the past.





IGC ONLINE STORE

IGC's Online Store is a great place to shop for all of IGC's latest merchandise. Accessible year-round, our online store gives campers, alumni, and IGC fans the opportunity to stock up on IGC clothing and accessories. For everything from gift bags and exclusive IGC summer camp clothing, to "Be Gymnastics" merchandise and our seasonal clothing lines, our online store is the one-stop hub for everything IGC!

Shop IGC online at: **WWW.INTERNATIONALGYMNASTICS.COM**

INTERNATIONAL SPORTS — TRAINING CAMP

INTERNATIONAL SPORTS TRAINING CAMP

ISTC is the perfect answer for non-gymnast siblings and friends of IGC campers who also want a fun and active overnight summer camp experience. ISTC offers two camp programs, one extremely popular All Sports program and IXTC, a sport and leadership program for older teens.

The All Sports Camp is a tailor-made camp for spirited 8 to 16 year old campers who love spending time playing traditional sports, learning new sports, and enjoying the outdoors. Campers learn, play, and grow through an amazing range of games and sports. Lacrosse, cricket, flag football, rugby, soccer, and extreme activities like banana boating, jet skiing, and ISTC's treetop adventure course are just some of the amazing experiences offered in this program.

IXTC is a special program designed specifically for 15 to 17 year olds. It's like a camp within a camp, combining the best of ISTC with a curriculum designed to build life skills – teamwork, leadership, confidence, independence, and decision-making.

All programs offer additional activities like beach volleyball, archery, the BLOB and the climbing tower! Everyone at ISTC gets to enjoy campfires and s'mores, traditional summer camp recreation activities, and camp dances.

Owned and operated by the Klaus family, ISTC offers the same high levels of quality and care that you expect from IGC. ISTC is located a mile away from IGC, and the weekly schedules are coordinated to allow families to check-in and check-out from both camps without conflict.

For more information or to schedule a personalized tour, call 570-620-2267 or visit www.international-sports.com.





CELEBRITIES AT IGC

SHARE THE SUMMER WITH THE STARS OF THE GYMNASTICS WORLD!

Every year, over 40 gymnastics celebrities – Olympians, World Champions, National Team Members, NCAA Champions, NCAA Coaches, Gymnastics Movie Stars, and Stunt Doubles – share their experiences with our campers.

In addition to training with, coaching, and mentoring our campers, our celebrities serve as Kount on Kindness ambassadors, hold special Q&A sessions, hand out our end-of-week camp awards, and, of course, are available for autograph and photo opportunities.



LAURIE HERNANDEZ
2016 OLYMPIC GOLD AND SILVER MEDALIST



NASTIA LIUKIN
OLYMPIC GOLD MEDALIST



JONATHAN HORTON
2-TIME OLYMPIC MEDALIST



SVETLANA BOGUINSKAIA
3-TIME OLYMPIC GOLD MEDALIST



GABBY DOUGLAS
3-TIME OLYMPIC GOLD MEDALIST



DATES FOR SUMMER 2018

WEEKS	2018 DATES
WEEK 1	JUNE 17 - JUNE 23
WEEK 2	JUNE 24 - JUNE 30
WEEK 3	JULY 1 - JULY 7
WEEK 4	JULY 8 - JULY 14
WEEK 5	JULY 15 - JULY 21
WEEK 6	JULY 22 - JULY 28
WEEK 7	JULY 29 - AUGUST 4
WEEK 8	AUGUST 5 - AUGUST 11
WEEK 9	AUGUST 12 - AUGUST 18



PAYMENT SCHEDULE *

The full price of camp is \$1295 per week. When registering for camp, a deposit of \$250 per week enrolled is due with the application. Prior to April 1st payments can be made at your own pace. You are welcome to log into your "MY IGC" account at any time and make partial payments.

On April 1st, all remaining final balances will automatically be charged to the credit card on file in your "MY IGC" account. If you are registering for camp on or after April 1st, full tuition payment for all weeks enrolled must accompany your application.

*** We highly recommend you purchase tuition insurance with your registration (available from our website).**



GETTING TO IGC

International Gymnastics Camp is located in the beautiful Pocono Mountains of Northeastern Pennsylvania. We are one and a half hours west of New York City, two hours north of Philadelphia, and four hours northeast of Washington D.C.

We are easy to find and conveniently located just off I-80 in the Pocono Mountains of Pennsylvania. Off of I-80 Westbound, use Exit 302; off of I-80 Eastbound, use Exit 302B.*

**We do not recommend using directions from older GPS systems.*



REGISTERING FOR IGC

REGISTRATION IS COMPLETED EXCLUSIVELY ONLINE.

WWW.INTERNATIONALGYMNASTICS.COM

IGC runs weekly sessions from Sunday to Saturday. Campers may enroll in any number of sessions. **We recommend a stay of two weeks or more unless it is a first experience away from home.**

Weeks fill on a first come, first served basis. Please check online for the most current availability as sessions fill quickly. A deposit of \$250 per session is needed to register. After registration, a physical exam and other documents are required in order to attend camp.

CAMP TOURS

We welcome you to visit the camp on our Spring Tour weekends. The tours are a great way to see where your campers will be living, training, and playing, and to meet some of our staff in person. Check our website, www.internationalgymnastics.com, for Spring Tour dates, and call us at (570) 629-0244 to make a reservation.

Camp tours are open to enrolled and prospective families. We strongly encourage enrolling well before the tour weekend to avoid waitlists.

CONTACT US

INTERNATIONAL GYMNASTICS CAMP

100 GYMNASTICS WAY, STROUDSBURG, PA 18360

PHONE: 570.629.0244 **FAX:** 570.620.0616

OFFICE@INTERNATIONALGYMNASTICS.COM

IGC FAMILIES

DATES & FEES • ENROLLMENT • MY IGC

VISIT OUR WEBSITE FOR UP-TO-DATE INFORMATION

International Gymnastics Camp

100 GYMNASTICS WAY • STROUDSBURG, PA 18360
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THE WORLD'S BEST
GYMNASTICS CAMP

LOCATED IN THE
POCONO MOUNTAINS

2 HOURS
NORTH OF PHILADELPHIA

1 HOUR 30 MINUTES
WEST OF NEW YORK CITY



JAKE DALTON
2-TIME OLYMPIAN



ALEX NADDOUR
2016 OLYMPIC MEDALIST



CHRIS BROOKS
2016 OLYMPIAN



JONATHAN HORTON
2-TIME OLYMPIAN



STEVE LEGENDRE
2-TIME WORLD CHAMPIONSHIPS MEDALIST



PAUL RUGGERI
WORLD CHAMPIONSHIPS MEDALIST



JUSTIN SPRING
OLYMPIC MEDALIST



BRANDON WYNN
WORLD CHAMPIONSHIPS MEDALIST

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