International Gymnastics Camp

49 YEARS OF EXCELLENCE

Thanksgiving clinic

November 29th & 30th 2019

featuring

MILES AVERY
4-TIME OLYMPIC TEAM COACH
1989-2010 OHIO STATE ASSISTANT AND HEAD COACH
RECIPIENT OF THE NCAA 2015 LIFETIME ACHIEVEMENT AWARD

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

PAUL RUGGERI
WORLD CHAMPIONSHIP MEDALIST
6-TIME NCAA CHAMPION
PGC COMPETITOR

INTERNATIONALGYMNASTICS.COM
PROGRAM INFO
Thanksgiving Clinic is IGC’s two-day camp designed to provide gymnasts with premier gymnastics training, inspiration and motivation from our gymnastics celebrities, exposure to drills on equipment and stations not necessarily available in all clubs, and all the fun and friendships of an overnight gymnastics camp! It is open to all levels of gymnasts. Gymnasts ages 7 to 17 may choose between overnight or day camp option. Six year olds may join us for the day camp option only.

SCHEDULE
FRIDAY NOVEMBER 29TH, 2019
10:00  Check-In & Cabin Orientation  
11:00  Warm-Up  
11:30  Rotation 1  
12:15  Rotation 2  
1:00  Lunch  
2:00  Celebrity Q&A  
2:30  Warm-Up  
2:45  Rotation 3  
3:30  Rotation 4  
4:15  Rotation 5  
5:00  Rotation 6  
5:45  Gymnastics Games  
6:30  Dinner  
7:30  Evening Activities  
9:00  Recharge

SATURDAY NOVEMBER 30TH, 2019
8:00  Breakfast  
9:30  Warm-Up  
10:00  Rotation 1  
10:45  Rotation 2  
11:30  Lunch  
12:30  Exhibition/Lecture  
1:00  Warm-Up  
1:30  Rotation 3  
2:15  Rotation 4  
3:00  Rotation 5  
3:45  Rotation 6  
4:30  Games & Autographs  
4:45  Check-Out

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.

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.
SATURDAY NOVEMBER 29TH, 2019

8:00  Breakfast
9:30  Warm-Up
10:00  Rotation 1
10:45  Rotation 2
11:30  Lunch
12:30  Exhibition/Lecture
1:00  Warm-Up
1:30  Rotation 3
2:15  Rotation 4
3:00  Rotation 5
3:45  Rotation 6
4:30  Games & 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.

At IGC, we are committed to providing the best care for every camper. Campers are housed by ages in heated, chalet-style cabins with bunk-beds, 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.

ACCOMMODATION & DINING

WHAT TO BRING

ALL CAMPERS

Workout Gear
- Leotards for girls (girls may wear biker 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)

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

* We strongly recommend not packing any valuable, brand new, or sentimental items. 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.
All registrations are 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.

IGC is located in the beautiful Pocono Mountains of Pennsylvania. We are 1 1/2 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.

Cost:

- 2 Day Clinic - Overnight camp option including all meals and housing___________$445
- 2 Day Clinic - Day camp option, lunch included___________________________$395

- Late Fee - Registrations must be received by Nov. 16, to avoid a late fee of $25 per person.
- Cancellations - With written notification prior to Nov. 16, fees are refundable minus a $75 processing fee. From Nov. 10 - Nov. 22, with written notification, the cancellation processing fee increases to $50. No refunds are available after Nov. 26.

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___________$445
- 2 Day Program Friday and Saturday lunch only (without housing)______________$395
- Coaches 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 insure your space.