

Gymnastics Camp: Beginner & experienced boys & girls are all welcome!

Friday, October 12, 2018

Who: Boys/Girls of any skill level entering grades K-6 who want to do gymnastics! Groups will be divided by age and skill level.

What: Instruction on four gymnastics events (vault, bars, beam, floor) plus related conditioning and dance.

Where: Newport High School in the Outside Gym

Time: 9:00 a.m.-12:00 p.m.

Cost: \$55

Staff: Stacy Rendon, 15 years plus gymnastics coach

Questions: Email: newportgymbooster@gmail.com

Sample Schedule:

9:00-9:30 a.m. Stretching, 9:30-9:50 a.m. Rotation #1 (Example: Spring board drills, jumping drills on vault, vaulting for more advanced athletes), 9:50-10:15 a.m. Rotation #2 (Example: Bars), 10:15-10:40 a.m. BREAK for snack (please bring your own snack and water bottle each day), 10:40-11:05 a.m. Group game, 11:05-11:30 a.m. Rotation #3 (Example: Balance Beam), 11:30-12:00 p.m. Rotation #4 (Example: Floor exercise), 12:00~ Pick Up Time



Sign up early! Space is limited for the safety of your athlete!

To register, visit www.newportgymnastics.wordpress.com.

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