

## Camp Registration

Gymnast: \_\_\_\_\_  
Gym: \_\_\_\_\_  
T-Shirt Size: CS CM CL AS AM AL  
2022 Competed Level: \_\_\_\_\_  
DOB: \_\_\_\_\_ Age: \_\_\_\_\_  
Legal Guardian(s): \_\_\_\_\_

Please state relation: \_\_\_\_\_  
Contact Number 1: \_\_\_\_\_  
Contact Number 2: \_\_\_\_\_  
Contact Number 3: \_\_\_\_\_  
Address: \_\_\_\_\_

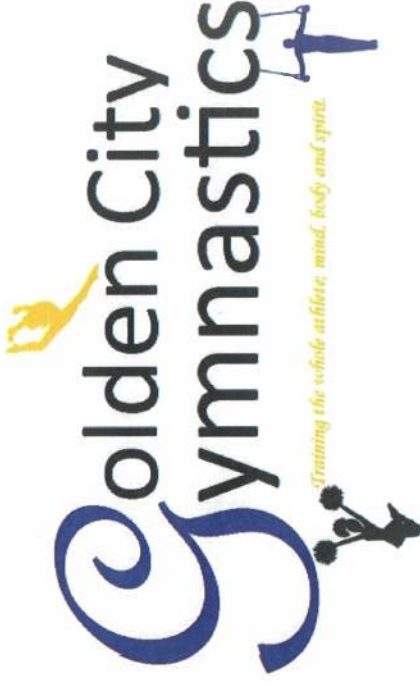
City: \_\_\_\_\_  
State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Email: \_\_\_\_\_

*\*Please print and sign a blanket waiver from our website.*

Camp Fee: \$360  
*Non-refundable deposit of \$100 due with registration form.*

Form of Payment: \_\_\_\_\_  
\_\_\_\_\_ Check \_\_\_\_\_ Money Order  
\_\_\_\_\_ Cash \_\_\_\_\_ Credit Card

*If paying with Credit Card:*  
Name on Card: \_\_\_\_\_  
CC#: \_\_\_\_\_  
Exp. Date: \_\_\_\_\_ CVC: \_\_\_\_\_



## Our Facility

Golden City is a 27,000 square foot fully air-conditioned, training facility. GCG is equipped with two full sized spring floors, two 40ft Tumbler-Trak, 17 balance beams, 11 bar stations, 2 vault tables, Resi landings, a trench bar, and in-ground pit access for floor, bars and vault.

**In accordance with NCAA rules, our camp may limit attendance based on several factors, such as age, number and grade level. However, camp attendance is never restricted by a camper's skill level or competitive experience.**

## Contact Us

### **Golden City Gymnastics**

930 Lithia Pinecrest Rd.  
Brandon, FL 33511

Phone: (813) 685-7770

Website: [goldcitygymnastics.com](http://goldcitygymnastics.com)

Email: [info@goldcitygymnastics.com](mailto:info@goldcitygymnastics.com)

# Team Camp

## Competitive Gymnasts Ages 5 & Up

Golden City welcomes you to join us in our 19<sup>th</sup> annual Team Camp.

Kick your gymnastics into high gear this summer as you improve on old skills and learn new ones. You are not going to want to miss this camp as your skills will be taken to a new level with the use of our state of the art gymnastics training center and amazing coaching staff.

Along with great gymnastics instruction, we will also have themed days, pizza party and other fun activities.



## What to Expect

Within the 4 jam-packed days, each gymnast can expect to be pushed to their maximum potential. All athletes will be taught to their skill level on each of the Olympic events as well as strength, flexibility and dance training.

## About Golden City

Golden City is committed to teaching high level gymnastics in a safe and positive environment. We focus on training the whole athlete; mind, body and spirit. Golden City has produced numerous state, regional and national champions, collegiate scholarship winners, TOPs and HOPEs and Nastia Liukin Cup Qualifier athletes.

## Themed Days

Wednesday - Wacky Tacky  
Thursday – Dynamic Duo  
Friday - Disney  
Saturday – Team Spirit



## Camp Information

Camp Dates: July 6 – 9, 2022

Camp Hours: Wed 12:00pm – 8:00pm  
Thur - Sat 9:00am-5:00pm

Camp Eligibility: Competitive Gymnasts  
Girls Ages 5 & Up

Camp Fees: \$360 per gymnast

Camp Meals: Pizza provided for lunch on July 8<sup>th</sup>. All other meals not included.

Blanket Waiver: Please visit our website [goldencitygymnastics.com](http://goldencitygymnastics.com) and click the team camp link to print the waiver.

What to Bring: Lunch, small healthy snacks, and all personal items such as: grips, wristbands, tape, etc.

Camp Showcase: Our gymnasts will be putting on a show for all parents to see what the girls have been working on in camp. The showcase will be held on Saturday, July 9<sup>th</sup> at 4:00pm.

What's Included: A pizza lunch on Friday, July 8<sup>th</sup> & a camp t-shirt.

## Attending Coaches

**George Young**  
Owner and Head Coach at Mid-Michigan Gymnastics

**Christine MacDonald**  
Head Coach at Central Michigan

**Jennifer Green**  
Head Coach at Air Force Academy

**Patrick Jordan**  
Owner and Head Coach at Gym-Nation

**John Figueroa**  
Owner and Head Coach at Higo Elite Gymnastics  
Former Assistant Coach at University of Missouri

**Byron Knox**  
Head Coach at the University of Southern Connecticut

**Louis Robinson**  
Optional Coach at Buckeye Gymnastics  
Former Assistant Coach at University of Michigan, University of Missouri, Ohio State and University of Florida

**Guy Sawka**  
Optional Coach at Splitz Gymnastics

**Marissa Ramos**  
Head Coach at Golden City Gymnastics

**Shauna Swartz**  
Assistant Head Coach and Elite Director at Golden City Gymnastics

### **Golden City Staff:**

**Mircea (Chico) Petre, Dexter Shell, Andrea Almanza, Nicole Light and many more talented region 5 & 8 coaches!**

*All coaches are subject to change.*