

Camp Registration

Gymnast: _____

Gym: _____

T-Shirt Size: CS CM CL AS AM AL

2023 Competed Level: _____

DOB: _____ Age: _____

Legal Guardian(s): _____

Please state relation: _____

Contact Number 1: _____

Contact Number 2: _____

Address: _____

City: _____

State: _____ Zip: _____

Email: _____

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

Camp Fee: \$375 Early Bird Offer \$355

Early Bird Deadline 5.15.23

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: _____

Signature: _____



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

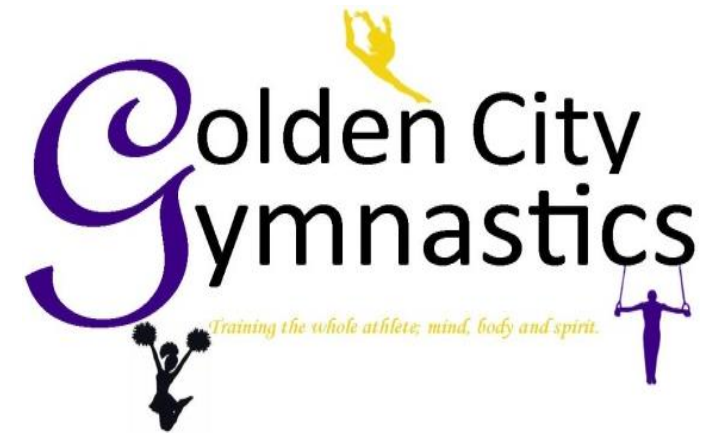
930 Lithia Pinecrest Rd.

Brandon, FL 33511

Phone: (813) 685-7770

Website: goldencitygymnastics.com

Email: info@goldencitygymnastics.com



Team Camp

Competitive Gymnasts
Ages 5 & Up

Golden City welcomes you to join us in our 20th 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.



Attending Coaches

George Young

Owner and Head Coach at Mid-Michigan Gymnastics

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

Jennifer Green

Head Coach at Air Force Academy

Marvin Kimble

Coach at Higo Elite Gymnastics

Dave Hancock

From Utah

Guy Sawka

Optional Coach at Splitz Gymnastics

Kyle & Autumn Grable

Assistant Coaches at UCLA

Jessica Erwin

Naples Progressive Gymnastics

Marissa Ramos

Head Coach at Golden City Gymnastics

Shauna Swartz

Assistant Head Coach and Elite Director at Golden City Gymnastics

Golden City Staff:

Dexter Shell, Brian Zook, Nicole Light, Jordan Jones, Colleen Tomlinson, and many more talented region 5 & 8 coaches!

Additional coaches will be added soon.

All coaches are subject to change.

Camp Information

Camp Dates:

July 6 – 9, 2023

Camp Hours:

Thu 12:00pm – 8:00pm
Fri. - Sun 9:00am-5:00pm

Camp Eligibility:

Competitive Gymnasts
Girls Ages 5 & Up

Camp Fees:

\$375 per gymnast

Camp Meals:

Pizza provided for lunch on July 8th. All other meals not included.

Blanket Waiver:

Please visit our website. 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, water bottles, 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 Sunday, July 9th at 4:00pm.

What's Included:

A pizza lunch on Saturday, July 8th & a camp t-shirt.

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

Thursday – Throw Back Thursday
(find a picture of yourself as a baby or toddler and recreate that picture)
Friday – Funky Friday **(wear mix matched clothes and crazy hair)**
Saturday – Sweet Tooth Saturday **(dress up like a piece of candy)**
Sunday – Team Spirit

