

## Camp Registration

Gymnast: \_\_\_\_\_

Gym: \_\_\_\_\_

T-Shirt Size: CS CM CL AS AM AL

2024 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: \$395      Early Bird Offer \$375

**Early Bird Deadline 5.03.24**

*Non-refundable deposit of \$100 due with registration form.*

**Early Bird special has to be paid in full by 5.03.24**

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**

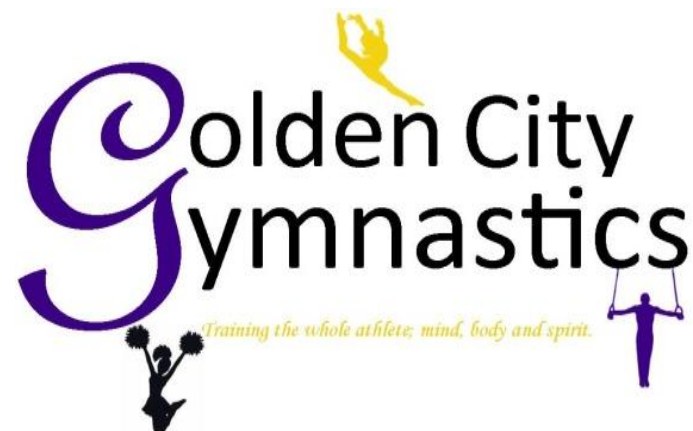
930 Lithia Pinecrest Rd.

Brandon, FL 33511

Phone: (813) 685-7770

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

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



## **2024 Team Camp**

**Competitive Gymnasts  
Ages 5 & Up**

Golden City welcomes you to join us in our 21<sup>st</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.

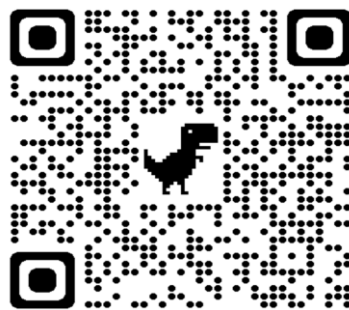


## Camp Information

- Camp Dates:** June 29 - July 2, 2024
- Camp Hours:** Sat 12:00pm – 8:00pm  
Sun.– Tue. 9:00am-5:00pm
- Camp Eligibility:** Competitive Gymnasts  
Girls Ages 5 & Up
- Camp Fees:** \$395 per gymnast
- Camp Meals:** Pizza provided for lunch on July 1<sup>st</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, 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 2<sup>nd</sup> at 4:00pm.
- What's Included:** A pizza lunch on Monday, July 1<sup>st</sup> & a camp t-shirt.

## Past coaching staff includes:

George Young ~ Head coach/owner MMG  
Patrick Jordan ~ Gym-Nation  
Valerie Mailloux ~ Livonia Gymnastics Academy  
Jennifer Green ~ Air Force Academy  
Christine MacDonald ~ Central Michigan  
Guy Thiessen-Sawka ~ SPLITZ Gymnastics  
John Figueroa ~ Higo Elite Gymnastics  
Steve Avgerinos ~ Illinois State University  
Jessica Erwin ~ Naples Progressive Gymnastics  
Byron Knox ~ University of Southern Connecticut  
Samantha Higgins ~ Eastern Michigan University  
Dana Duckworth ~ University of Alabama  
Marissa Ramos ~ GCG Optional Head Coach  
Shauna Swartz ~ GCG Optional Coach  
Dexter Shell ~ GCG Optional Coach  
Nicole Light ~ GCG Xcel Head Coach  
Jordan Jones ~ GCG Compulsory Coach  
Colleen Tomlinson ~ GCG Compulsory Coach  
Haley Salus ~ GCG Xcel Coach  
Brian Zook ~ GCG Optional Coach



[goldencitygymnastics.com](http://goldencitygymnastics.com)

Please see our website to register for our 2024 Team Camp by scan the QR code above.

## 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

- Saturday – Celebrity Look-Alike Day (**dress up like your favorite celebrity**)  
Sunday – College Day (**favorite college**)  
Monday – Olympics Day (**favorite Olympic gymnasts**)  
Tuesday – Team Spirit

