

2022 Kendrick Gymnastics Summer Experience Day Camp Check List

July 5 – August 19

All gymnasts attending gymnastics camp during the summer must adhere to the following checklist:

- A backpack big enough to store all her belongings.
- **All gymnasts must wear a leotard during gymnastics. Tight-fitting shorts are permitted.** No soccer shorts. No sweatpants. No jeans or jeans-shorts. No t-shirts or tank tops worn over leotards. No socks. No jewelry.
- All gymnasts must bring a bathing suit, towel, sun screen, goggles, flip flops, and a disposable plastic bag for wet clothing. We go to the pool every day, weather permitting.
- All gymnasts attending must bring sneakers, socks and change of clothes to participate in our daily instructional play out/indoors and weekly trips.
 - You will receive a weekly schedule detailing which days your camper should come dressed for gymnastics training in the AM or in play clothes for activities.
- All gymnasts should bring a healthy snack each day for our AM or PM snack break.
 - Campers who train in the AM will receive PM snack break.
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- Gymnasts must pack a lunch daily comprised of healthy foods.
- All gymnasts are **required to bring at least 2 water bottles** to camp every day. Our water fountain is still not in use since covid.
- It is extremely important for your gymnast to eat a nutritional breakfast each morning before camp. It is unsafe for your gymnast to come to camp where she will be training, running around and exercising in the heat without putting food into her body for fuel prior to arriving to camp.

THANK YOU!