

2024 Kendrick Gymnastics Summer Experience Day Camp Check List

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.
 - Sunblock if needed for outdoor activities. Spray only!
 - 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.
 - 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.
 - We DO NOT have a water fountain. However, we sell water bottles, Gatorade and snacks for \$1-2.
 - 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.
 - Campers attending before care are welcome to pack a breakfast to eat at camp. Campers attending after care are encouraged to pack an additional snack.

THANK YOU!