

2026 Kendrick Gymnastics Summer Experience Day Camp Checklist

June 22nd – August 14th

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

- A backpack big enough to store all belongings.
- **All female gymnasts must wear a leotard during gymnastics. Tight-fitting shorts are permitted. All male gymnast must wear shorts and a shirt that can be tucked in.** 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 **A 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 camp should come with a bathing suit and towel for water activities/pool.

- All full day gymnasts should bring a healthy snack each day for our snack break.
- Gymnasts must pack a lunch daily comprised of healthy foods.
- All gymnastics are **required to bring at least 2 water bottles** to camp every day.
 - Kendrick Recreation Center does have a water fountain gymnasts can use to refill their water bottles if needed.
 - The Church Gym **DOES NOT** have a water fountain, however we do have water and Gatorade for sale.
- 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 they will be training, running around and exercising in the heat without putting food into their 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!