

Team Summer Training Camp

Southlake Pool

Summer Camp Dates: Camps will be held from 10:00-1:30 Mon, Tues, Wed, Thurs, Fri

_____ Camp 1 June 11-15

_____ Camp 2 July 9-14

Team Diver's Name _____

Email _____

Phone Number: _____ (Best contact number during camp)

_____ Camp Deposit \$50

_____ Early Registration (Before May 1) \$150 balance due by first class.

_____ Regular Registration (After May 1) \$175 balance due by first class.

Check # _____ or Request online invoice (email): _____ Date: _____

Please send in registration form and a non-refundable check for \$50 to hold your spot for team camp. The remaining balance will be due on or before the first day of camp. There is an early registration discount for divers who register before May 1st of \$25.

*The Summer camps are \$200/\$225 each and include a camp T-shirt if divers are registered before June 1st.

*Please circle your diver's shirt size (YM, YL, AS, AM, AL)

Classes are open to both Novice and JO team divers. Divers will be grouped at the camp. Camps will include gymnastics, conditioning, trampoline, special topics and diving. Divers will have individual goals. Day camps do not take the place of divers' evening classes. Prizes will be awarded for hard work at camp. Divers will learn how to understand diving numbers, basics of judging, and how to set personal goals for competitions. Camp space will be limited so please get your registrations in early. Camps will be coached by a team of GC Diver coaches. Athletes will rotate between coaching stations each day.

Equipment Needed: All divers must bring running shoes, a water bottle, and a healthy snack.

Looking forward to summer!

GC Divers

