

424 Stadium Dr.
Jefferson City, MO 65101
(573) 761-9008



"TRAIN LIKE A CHAMPION"



Competitive Gymnastics Camp Hosted by Jefferson City Gymnastics

Train like the champions.....for a fraction of the cost. With today's economy parents and coaches alike want to receive maximum return for their dollar. All too often countless gymnasts pay to attend large camps only to return out of shape and with skills of little or no value for the upcoming season.

This year get the highest quality instruction at a top notch facility, from coaches with the inside edge to the drills and techniques needed to produce successful gymnasts at every level. During each session of the Jefferson City Gymnastics Camp, your athlete will learn real world training.

CAMP RATES AND DATES

**\$150 per gymnast
\$50 per coach**

Coaches bringing five or more gymnast are free!

**Friday—Sunday
July 23-25, 2010**

Camp Sessions:

Friday:

9:00 a.m.—12:00 p.m.
1:30 p.m.—5:00 p.m.
7:00 p.m.—9:30 p.m.

Saturday:

9:00 a.m.—12:00 p.m.
1:30 p.m.—5:00 p.m.
7:00 p.m.—9:30 p.m.

Sunday:

9:00 a.m.—12:00 p.m.
1:30 p.m.—5:00 p.m.

HEAD COACH

DJ Bunting

DJ is the Head Coach of Scorpion's Gymnastics in Bloomsburg, PA. He has assisted in the development of state and regional champions as well as national championship qualifiers and athletic scholarship recipients.

SPECIAL GUEST COACHES

Adrienne Perry

Adrienne graduated from Mizzou in 2009. She was an All-American gymnast and a Big 12 Champion.

Sarah Shire

Sarah is a senior at Mizzou this year. She is an All-American gymnast and a Big 12 Champion.

**Register online at www.jeffcitygymnastics.com.
Select summer session.**

Lunches will be provided. Hotel information and special rates available upon request. Campers must provide their own medical insurance. Campers must turn in a copy of a current medical physical.