

**MEADOW LANDS  
GYMNASTICS  
TRAINING CENTER**  
345 Meadowlands Boulevard  
Washington, Pennsylvania 15301

# Meadow Lands Gymnastics Training Center

345 Meadowlands Boulevard  
Washington, Pennsylvania 15301  
(724) 745-5558  
www.gymdandys.com

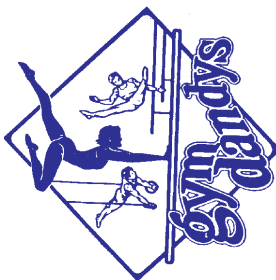


**SUMMER GYMNASTICS CAMP  
FOR THE SERIOUS FEMALE GYMNAST**

**BY THE ORGANIZATION THAT TRAINS  
ONE OF THE NATION'S LEADING TEAMS**

**RESIDENT CAMP**  
JULY 12 - 17, 2009

**COMMUTER CAMP**  
JULY 6 - 10, 2009  
JULY 20 - 24, 2009



*Welcome to our facility. We have been in Washington for over 30 years. Our center is the finest of its kind east of the Rocky Mountains. Our program was listed as one of the top 20 in the U.S.A. Our equipment includes the best available with one loose foam pit as well as one large Z-shaped resi-pit.*



## FOR THE SERIOUS FEMALE GYMNAST

Skilled, competitive, dedicated gymnasts from Massachusetts to Alabama, from New Jersey to Tennessee know that outstanding progress in gymnastics is to be gained each summer at the Annual Summer Gymnastics Training Camp founded by Danny Warbuton.

There's only one primary reason we are an outstanding camp: the exceptionally talented and skillful coaching staff headed by the Gym Dandy coaches and assisted by visiting national level coaches.

Enrollment in Gym Dandy's Summer Training Camp naturally must be limited; therefore, applications are accepted solely on a first-come-first-served basis.

Unlike many other Summer sports training camps, Gym Dandy's Gymnastics Training Camp is designed for the serious female gymnast who is determined to improve her skills through a full week of dedicated work with coaches and instructors. It is aimed at the Advanced, Intermediate, and Beginner gymnasts who have a sincere desire to progress.

Instruction will include training in physical fitness methods to build strength and endurance; coaching and developing the correct execution of the USAG Compulsory exercises; and composition, coaching and developing optional skills on all four Olympic events, according to the gymnast's individual stage of development and physical capabilities.

Three training sessions are held each day; with formalized coaching and instruction each morning and afternoon, and supervised "open" workouts each evening for gymnasts desiring to concentrate on particular skills.

# HOUSING AND FEES

Resident campers will be housed at the **COMFORT INN** this year, which is located on Meadowlands Boulevard, about 1/4 mile before the gym. It has an indoor pool. They have a continental breakfast with various types of breads, cereals, waffles, juices, apples and oranges, and breakfast beverages.

The girls will be housed three-four in a room (a cot can be put in the room if we have a team of 5 that wants to stay together). The girls will be under adult supervision at all times.

All meals will be provided from breakfast on Monday through lunch on Friday. (Note: Dinner is not provided on Sunday evening following registration).

The gymnasts will walk with the coaches to and from the gym.

## Fee For Residential Campers:

\$510.00 per person  
(Includes accommodations with linens and meals)

## Fee for Commuter Campers:

\$275.00 per person  
All campers who attend 2 weeks will receive a 10% discount on the second week.

COACHES enrolling five or more gymnasts are welcome to participate in training at no cost. A fee of \$225.00 will be charged if you require lodging and meals.



# CAMP SCHEDULE

<b>REGISTRATION</b>	Sunday - 4:00 P.M. to 6:00 P.M. at gym.
<b>SCREENING</b>	Sunday-7:00 PM to 9:00 PM There will be Orientation and group testing during this time
<b>WORKOUTS</b>	Monday through Friday  9:30 AM - 12:30 PM Structured Workout 2:00 PM - 5:00 PM Structured Workout 6:30 PM - 8:30 PM Open Workout
<b>MEALS</b>	Breakfast - 8:00 AM Lunch - 12:30 PM Dinner - 5:00 PM
<b>CAMP CHECKOUT</b>	Friday 4:00 PM

**COMMUTER CAMP SCHEDULE**  
M - TH: 9:00AM - 5:00 PM  
FRI: 9:00AM - 12:30 PM  
All commuters please bring a lunch.

**YOU CAN COME AND OBSERVE  
OPEN WORK-OUT FROM 2:00 - 4:00  
ON FRIDAY AFTERNOON.**



**SPECIAL ACTIVITIES:**  
Swimming and Free Time  
Wednesday Evening  
(Bring your own towel for swimming.)

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# COACHING STAFF

Over 30 Years of Coaching Excellence

**GYM DANDY'S COACHES**  
**SCOTTY MILLER**, Head Coach  
**KAREN CLARK**  
**MEGAN GILLESPIE**  
**RACHEL HUEY**  
**CASSIE STEWART**  
**MICHAEL STIFFY**

Visiting Coaches  
**NIC TOMASETTE & JESSE RAPPAPORT**  
*Atlantic Coast*  
**TOM FORD - Central Bucks**  
**KAREN HENDRICKSON & GENO MULDOON**  
*Mannettes*  
**DOUG PERSHUN**  
*Team Lightning*

**OTHER PRIVATE CLUB COACHES  
WILL BE VISITING AND  
COACHING DURING CAMP!**

**KAREN CLARK**  
Camp Director



# APPLICATION

(PLEASE PRINT CLEARLY)

Name \_\_\_\_\_ Age \_\_\_\_\_  
Address \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

Telephone ( ) \_\_\_\_\_

T-Shirt Size: \_\_\_\_\_

Please enroll me for the week(s) of:  
\_\_\_\_\_ July 6 - 10 (Commuter)  
\_\_\_\_\_ July 12 - 17 (Resident)  
\_\_\_\_\_ July 20 -24 (Commuter)

The week of July 12 - 17 is for resident campers only.

**Deadline To Guarantee A Resident Room  
Is May 15!**

**Present Skill Level:**

\_\_\_\_\_ HIGH SCHOOL  
\_\_\_\_\_ Level 4                      \_\_\_\_\_ Level 8  
\_\_\_\_\_ Level 5                      \_\_\_\_\_ Level 9  
\_\_\_\_\_ Level 6                      \_\_\_\_\_ Level 10  
\_\_\_\_\_ Level 7                      \_\_\_\_\_ Prep Opt.

Team/School \_\_\_\_\_

Address \_\_\_\_\_

Coach \_\_\_\_\_

Parent \_\_\_\_\_

SIGNATURE



A \$50.00 non-refundable deposit must accompany this application for each week. Balance of fees due on or before Registration. Make checks payable to "Meadowlands Gymnastics Training Center" and mail to:

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**345 Meadowlands Boulevard**  
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