



## ***Overnight Registration***

*Dear Parent(s),*

*The staff at Rocky Mountain Training Camp is excited and looking forward to having your daughter as a part of our camp this summer. We know that she will have an enjoyable and rewarding experience. Enclosed you will find important information needed before your gymnast's arrival at camp.*

### **CAMP REGISTRATION IS COMPLETE WHEN:**

- 1.) All forms have been completed and received at [michele@starsgymco.com](mailto:michele@starsgymco.com)**
- 2.) A photocopy of your athlete's insurance card has been received**
- 3.) Payment has been processed.**

**Camp will be filled in order by the receipt of completed application, forms, and payment processed in full. A camper with a completed application, payment, and camp forms will be moved into camp ahead of one that is missing materials.**

**HOUSING:** All overnight campers and (visiting) staff will be staying in the residence halls at the University of Colorado at Colorado Springs. Generally, there will be 4 girls assigned to each suite and they will all share a bathroom. Breakfast and Dinner will be served at the cafeteria at the dormitories and lunch will be served at the gym. When the gymnasts check-in at the residence halls, she will be given a key for her room. **The gymnasts will have sole responsibility for their key and will be charged a fee of \$75.00 for replacement of the key due to loss or damage. These costs will be the responsibility of the gymnast and/or her parent/guardian and must be paid upon check-out.** The camp is not responsible for personal items that are lost, stolen, or damaged. The gymnasts will be transported via a bus contracted through U.C.C.S.

**ROOMMATE ASSIGNMENTS:** Roommate requests will be taken, but NOT GUARANTEED! While we will make every effort to accommodate roommate requests, it cannot be guaranteed that your child will be assigned a room with the person that she has requested. Only 1 roommate may be requested and the same request must be made by both parties or the requests will be discarded. For example, if Susie Milani requests Michele Harper, than Michele Harper must also request Susie Milani. Roommate requests can be made at the bottom of this form. Please complete roommate requests on the "Gymnast Information Form" that will be returned to the camp

**AIRPORT TRANSPORTATION:** Colorado Springs Municipal Airport is about 30 minutes from the gym and Denver International Airport is about an hour and fifteen minutes from the gym,. Rocky Mountain Training Camp does not provide any transportation between the camp and the airport.

**CHECK-IN:** Registration will be held on Saturday July 13, from 8:30am - 9:30am at the residence halls (**La Plata house**) at the University of Colorado at Colorado Springs. Please park in the Parking Garage. If you choose to park elsewhere, they **will** ticket you and RMTC is not responsible for the fines. At 10:00 am, please have your child at the training facility (Stars Gymnastics 3870 Mallow Rd.) to begin their workout. The girls will be placed in groups based on their last competitive level with the assumption that each athlete is moving to the next level.

Once you have dropped your child off at the gym you may either stay and watch or feel free to begin your journey home. (For your child's safety, no child may be picked up or visited by friends or family without checking in with the camp staff.)

If your travel arrangements prohibit you from being here by this time, please contact us, as soon as possible, so that we may accommodate your arrival.

**CHECK-OUT:** At 2:00 p.m. on Tuesday the girls will begin a display of their dances, a few skills of their choice, and we will be presenting awards for the week. All parents are invited to attend. Immediately following the presentation, parents will return the campers to the dorms for check-out. All campers must be checked out no later than 4:00 p.m. Parking procedures will be the same as check-in.

**MEDICATION:** All prescription medicine must be given to the housing staff at the time of check-in. All medication, including over the counter medication, must be in its original packaging. Clearly printed instructions for the administration of the medication must accompany the medicine. This must include the amount of the dose to be given, how often to be given, how the medication is to be taken, if there are any special circumstances that must be considered when giving the medication, and a number of the doctor who prescribed the medication.

**REFUND POLICY:** All fees (less \$200) may be refunded until 5/15/19 for any reason. After 5/15/19, refunds will be made for documented medical reasons only. After 6/1/19 no refunds will be made for any reason. You may not transfer any payment made to another athlete's camp fee. Requests for refunds must be submitted to Michele Maccagnan at [michele@starsgymco.com](mailto:michele@starsgymco.com).

**ITEMS YOUR GYMNAST SHOULD BRING: PLEASE have all items clearly marked with your athlete's name.**

- Bed linens (twin bed), pillow, & sleeping bag or comforter
- Bath towel
- Toiletries (body soap, shampoo etc.)
- Swimming suit
- Light jacket or sweatshirt
- At least 5 leotards
- Grips, **athletic tape**, or any other needed workout equipment (RMTC will NOT supply tape for gymnasts.)
- Water Bottle (marked with Gymnast's name)
- Alarm clock
- Theme Day items (RMTC will have theme days throughout the week. See the daily schedule in order to determine the items that your gymnast would like to bring.)
- Snacks for the dorm rooms –please remember that they need lots of protein this week so things such as beef jerky, protein bars, peanut butter crackers are suggestions of good things to send.
- Money may be sent (but is not needed) for items in our gift shop or spending money at the nightly activities.

## Gymnast Information: Commuter or Resident

Gymnast's Name \_\_\_\_\_ Birthdate \_\_\_\_ / \_\_\_\_ / \_\_\_\_  
Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Phone(\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ Cellular(\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ Alt. #(\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_  
Father's name \_\_\_\_\_ Mother's name \_\_\_\_\_  
Email: \_\_\_\_\_

*Person(s) to be contacted if parent's are not available:*

Name \_\_\_\_\_ Phone(\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_  
Last Level Competed: \_\_\_\_\_ program JO / Xcel Coaches Name \_\_\_\_\_  
Coaches Email or gym email \_\_\_\_\_  
Roommate request #1 \_\_\_\_\_ #2 \_\_\_\_\_

*Although we make every effort to accommodate roommate requests, these requests are not guaranteed.*

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Print name: \_\_\_\_\_ Signature: \_\_\_\_\_

Health Problems (Please specify allergies, asthma, dietary restrictions, vision, diabetes, etc.) \_\_\_\_\_

Please check all non-prescription medications you give Rocky Mountain Training Camp and its staff permission to administer to your child:  Tylenol  Aspirin  Ibuprofen  Tums  
 Cough/cold medication  Benadryl  Antihistamine  Sunscreen  Neosporin

### AUTHORIZATION FOR CONSENT FOR TREATMENT OF A MINOR

The undersigned, as a parent or legal guardian of the child registered on this form, hereby authorizes Rocky Mountain Training Camp and its delegated leaders and directors to provide consent for any medical treatment, transportation by ambulance, and/or hospital care to be rendered to said minor upon the advice of a licensed physician. It is understood that if time and circumstances reasonably permit, Rocky Mountain Training Camp, endeavor, but is not required, to communicate with me prior to such treatment. The undersigned further agrees that Rocky Mountain Training Camp and its designated leaders and directors are not legally or financially liable for any advised faith in connection with any authorized event, and shall remain effective until revoked in writing and delivered to authorized Rocky Mountain Training Camp Representative(s).

All campers must be covered by their own medical insurance. All medical expenses incurred will be the responsibility of the camper or camper's family. In lieu of medical certificate signed by a medical doctor, I have no knowledge of any physical or mental impairment that would be affected by the named camper's participation in the camp program as outlined in the camp brochure and registration forms, which I have read.

Parent/Guardian signature \_\_\_\_\_ Date \_\_\_\_ / \_\_\_\_ / \_\_\_\_  
Medical Insurance Company \_\_\_\_\_ Policy # \_\_\_\_\_  
Name of the Camper's Doctor \_\_\_\_\_ Phone(\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

\*\*\*\*\*CAMPERS MUST CHECK IN ALL MEDICATIONS UPON ARRIVAL\*\*\*\*\*



## ASSUMPTION OF RISK

Coaching gymnastics is a complex profession conducted by competent, highly trained, certified specialists. We, at Rocky Mountain Training Camp, provide a trained staff and approved equipment. We take our business seriously and our coaches are professionals (not volunteers.)

### **This Paragraph MUST be read in its entirety**

By the very nature of the activity, gymnastics and all camp activities carry a risk of physical injury. No matter how careful the students and the instructors are, how many spotters are used, what height is used or what landing surface exists, the risk can not be eliminated. Risk can be reduced, not eliminated. The risk of injury includes minor injuries, such as bruises and more serious injuries, such as broken bones, dislocations and muscle pulls. The risk also includes catastrophic injuries, such as permanent paralysis or even death from landing or falling on the back, neck, or head. **CAMPERS MUST BE COVERED BY THEIR OWN INSURANCE.** (Statement quoted from the USAG safety manual.)

By choosing to participate at Rocky Mountain Training Camp, each gymnast and her family has been forewarned of the dangers involved. If a gymnast or family member has any reservation regarding the inherent danger of the sport of gymnastics, we ask you to please consult with the staff prior to signing this release. **Warning! Catastrophic injury, paralysis, or even death can result from participation in the sport of gymnastics.**

## DOCUMENTATION OF NOTIFICATION

**I CERTIFY THAT I HAVE READ THE ABOVE STATEMENTS AND BEEN NOTIFIED OF RISK IN GYMNASTICS AND DO NOT HOLD THE COACHES, DIRECTORS, OWNERS, OR OTHER EMPLOYEES OF ROCKY MOUNTAIN TRAINING CAMP RESPONSIBLE FOR ANY INJURY OR DEATH SUFFERED WHILE ON THESE PREMISES.**

\_\_\_\_\_  
PARENT'S SIGNATURE

\_\_\_\_\_  
DATE

\_\_\_\_\_  
GYMNAST'S SIGNATURE

\_\_\_\_\_  
DATE



ROCKY MOUNTAIN TRAINING CAMP DAILY SCHEDULE  
June 23 thru June 26



**RESIDENT SCHEDULE  
(overnight)**

**July 13 - Saturday**

8:30-9:30 Check-in at the dorms -  
(Monarch Hall U.C.C.S.)  
9:45 Drop off at the gym (Stars  
Gymnastics 3870 Mallow Rd.) by parents  
10:00-12:10 Training sessions  
12:10-12:55 Lunch  
12:55-1:25 Activity  
1:25-5:00 Training sessions  
5:15 back to the dorms  
5:45-6:30 Dinner  
6:45 -8:45 Catch the shuttle to evening  
Activity - Swimming Cotton  
wood rec Ctr.  
10:00 Lights out

**July 16 - Tuesday**

7:00-7:45 Breakfast  
7:45 Drop off at Gym  
8:00-10:45 Training Sessions  
10:45-11:30 Lunch  
11:30-2:00 Training Sessions  
2:00-3:00 Dances, and Awards  
3:00 Camp is over - Parents take the  
girls and check out of the dorms

**July 14 - Sunday**

7:00-7:45 Breakfast  
7:45 Drop off at Gym  
8:00-11:00 Training Sessions  
11:00-11:45 Lunch  
11:45-3:00 Training Sessions  
3:15 back to the dorms  
3:15-5:30 Rest/Shower  
5:30-6:15 Dinner  
6:15 - 8:15 Catch the shuttle to evening  
Activity Bowling—Harmony  
Bowl  
10:00 Lights out

**THEME DAY ACTIVITIES**

Sat. - Red, white, & blue day  
Sun. - Superhero day  
Mon. - Hula/beach day  
Tues. - Mismatch/clash Day

**July 15 - Monday**

7:00-7:45 Breakfast  
7:45 Drop off at Gym  
8:00-12:00 Training Sessions  
11:00-11:45 Lunch  
11:45-3:00 Training sessions  
3:15-5:30 Rest/Shower  
5:30-6:15 Dinner  
6:15 - 8:15 Catch the shuttle to evening  
Activity—Glow Golf Chapel  
Hills Mall  
10:00 Lights out

*Stars*  
**GYMNASTICS**



**719-598-6863**