



1220 SW 33rd Avenue
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www.BalconySports.com

BALCONY MISSION STATEMENT

Our mission is to affirm and inspire those around us: Nurturing their self-esteem, and leading them to Believe in themselves and ultimately realize their full God-given potential



Welcome Campers!!!

We are thrilled to have you participate in Balcony Gymnastics and Youth Sports Third Annual Gymnastics Summer Camp! We hope you learn new skills, meet new friends and most of all, have an awesome camp experience!!

Please read this information packet to help you prepare for camp. Enclosed, you will find all the important information needed to make this year's camp and incredible experience for your gymnast!

CHECK-IN AND REGISTRATION

Check-in is from 10:00AM to 11:30AM on Thursday, July 16th. Please have your child eat a nutritious early lunch before being dropped off (we will be providing snack during workout). Campers should arrive in time to change into workout attire, and check-in at the registration room. If a camper is arriving with a parent, this would be the parent's time to tour our facility and meet her chaperone. Staff introductions and skill evaluations begin at 11:30. Parents and family are welcome to watch the workouts, but once the session is over..... You must say goodbye for the evening...Camp is starting!!!

PARENT LODGING and ACTIVITIES and RULES

The Ocala area has many hotels to choose from outside of our host hotel and many are located in the general vicinity. We do not encourage our parents to stay in the same hotel as we want all our campers to have (you will hear this numerous times) the "going away to Summer Camp" experience. Below are some local hotels to choose from in the area.

- Country Inn & Suites** - 3720 SW College Road Ocala, FL 34474 (352) 237-0715
- Residence Inn** - 3610 SW 38th Avenue Ocala, FL 34474 (352) 547-1600
- Marriott Courtyard Ocala** - 3712 SW 38th Avenue Ocala, FL 34474 (352) 237-8000

Parents are welcome to attend the workouts and the daytime activities but our main goal is the security of our campers, not to mention the enjoyment of all our campers and for all our campers to have the "Camp Experience" (said it again). There will be NO PARENTS ALLOWED on the floors of the hotel where the campers are housed. This will allow us to keep your children safe, as well as giving all campers the ultimate experience of an out of town camp (there it is again)!

There are many things to enjoy in the Ocala/Marion County area. Please contact us for information on these and we would be glad to give you some great ideas on places to take your family while your gymnast is at camp!

CAMP MEALS AND HOUSING

All meals will be served each day to the campers, chaperones, and staff. We offer a peanut butter and jelly option at every meal for the finicky eater. Please let us know prior to check in if there are any specific food allergies or concerns so that we can accommodate the camper.

Each camper will share a room with three other girls. Chaperones will be two to a room and will be responsible for 8-12 girls, depending on the numbers from each gym. The chaperone's rooms will be located on the same floor as the campers, and in close proximity to the rooms in which they are responsible. Camper's rooms will be secured each evening at "lights out", and will be opened in the morning only by the chaperone. Each Camper's rooms are taped and if for *any reason* the tape is broken before the chaperone opens them in the morning, your child will be asked to leave camp, immediately. This is strictly enforced for the safety of our campers.

CAMP HOTEL: Holiday Inn Hotel & Suites
 Ocala Conference Center
 3800 SW 38th Avenue
 Ocala, FL 34474
 www.Ocalainn.com

*CAMP SCHEDULE

THURSDAY

Check In by 11:30AM

11:30pm - 12:30pm Break into groups
12:30pm - 5:00pm Afternoon Training
5:00pm - 6:00pm Pizza Party at Gym
6:00pm Hotel Check In &Ice
 Cream Social

FRIDAY

8:00am - 9:00am Breakfast at gym
9:00am - 12:00pm Morning Training
12:00pm - 3:30pm Lunch/Lake/Rest
3:30pm - 6:30pm Afternoon Training
6:30pm - 7:30pm Dinner
8:00pm - 10:30pm Skit Night &
 Awesome Dance
 Party at Hotel

SATURDAY

8:30am - 9:30am Breakfast
9:30am - 11:00am Rest/Pool time
11:30am - 1:00pm Morning Training
1:00pm - 2:00pm Lunch
2:00pm - 6:00pm Afternoon Training
6:30pm - 10:30pm Dinner/Awesome Evening
 Adventure

SUNDAY

9:00am - 10:00am Breakfast at gym
10:00am - 12:00pm Open gym/Show Off*
12:00pm - 1:00pm Camper Awards*

*Parents are invited to Sunday's Show off Session and Awards.

**Please note that the daily schedule (excluding Sunday) is subject to change due to our great summer weather and to allow the kids to have the best opportunity to enjoy each and every second of camp!*

ACTIVITIES AT CAMP

We have many exciting activities planned for your child at camp beyond great gymnastics training. Along with all of the water activities offered each day, we will have a Skit Night on Friday night and the winners receive the coveted best skit of camp award! Skit night is always a big hit, so encourage your child to participate. Campers may come to camp with a prepared skit, or may get together with new friends while at camp and make something up together.

PHONE CALLS

We allow cell phones on a limited basis. They are to be used sparingly throughout the day, and turned off when it is time for "lights out." This rule is strictly enforced, and cell phones will be taken away until the end of camp if this rule is broken. Phones in the hotel may be used by the camper with a calling card and only with the assistance of a chaperone who will help with the calling process if necessary.

In case of emergency, you can reach us directly during camp at 352-817-9270, or 352-427-1732. We ask that you do not call just to check in with your child.

CAMP STORE and ACCOUNT

On the day of check-in, each camper will be able to set up a camper account. We will keep track of their money and expenses for them. These accounts can be used for snacks and drinks, and other items that will be available. We will have concessions available at the gym for the campers as well as a "Camp Store" at the Hotel for snacks and drinks for the camper to purchase. There will also be Camp T-shirts (the camp logo can be put on any item you wish), Leotards, tape, grips and other items available at the gym!

WHAT TO BRING

Required things to pack:

- Workout attire
- Gym bag
- Grips / Tiger Paws (if your child uses them)
- Extra clothing such as shorts and t-shirts
- Sweatshirt or light jacket for those freezing cold Florida nights!
- Bathing suit, beach towel, sunscreen and flip flops
- Toiletries
- Anything campers may want to use in their skits on Friday night Skit Night
- Spending money for snacks, or items from our Camp Store/ProShop
- A GREAT ATTITUDE!

Optional items:

- Camera (disposable works best)
- Calling card
- Their most favorite Blanket or stuffed animal!
- Pillow
- Sleeping Bag
- A picture of their Mom, Dad or their favorite Pet

***Please make sure you mark all belongings with your child's name in permanent marker. Balcony is not responsible for lost items...especially the lost picture of your favorite pet!.*

I want to take the time now to thank you for allowing us to have your child for the long weekend. I am not only a Gym Owner/Head Coach but a gym parent as well and my gymnast daughter (who is currently a Level 9) has been attending Gymnastics Summer Camps since she was 6 years old. I (we) understand all your concerns and have set up a safe and exciting summer camp for *our* gymnasts. If you still have questions or concerns, please do not hesitate to either give me (352) 817-9270 or Nancy (352) 427-1732 a call.

We look forward to having your child(ren) at Balcony's AAU Gymnastics Summer Camp this summer! See you soon!



Michael Hamer
Camp Director