

# Facility

Balcony Gymnastics and Youth Sports Complex is a 25,000 square foot fully air-conditioned state of the art Gymnastics Training Facility.

- \* Four Vault Stations
  - \* Resi & loose foam landings
- \* Three Complete AAI Uneven Bar sets
  - \* Resi & Loose Foam landings
- \* Five single rail bar systems
  - \* Resi & Loose Foam landings
- \* Twelve Balance Beams
  - \* Loose Foam Dismount Beam
- \* Two Full Floor Exercise
  - \* Tumbling into Loose Foam & Resi
- \* 30' In-ground Tumble Trak
  - \* Loose foam landing
- \* In-ground Trampoline
- \* Separate Dance Facility
- \* Complete ProShop
  - \* Camp Attire (shirts, shorts, leotards, etc..)
  - \* Newest Apparel available
- \* Full Service Concession Stand
- \* Complete Fitness Center
- \* Separate Party/Meeting Room
- \* Large Classrooms
- \* Clean Restrooms with Showers



**Balcony 2009 Summer Gymnastics Camp**  
 Balcony Gymnastics and Youth Sports  
 1220 SW 33rd Avenue  
 Ocala, FL 34474

# 2010

## Summer Gymnastics

### Camp

## July 15th - 18th

**BALCONY**  
 Gymnastics and Youth Sports Complex



*Special Guest:*  
 1996 Gold Medalist  
 Dominique Moceanu



[www.BalconySports.com](http://www.BalconySports.com)



## INFORMATION

Balcony's Summer Camp is a valuable learning experience for girls Level 2 - 10. Not only is it an opportunity to learn from some of Florida's top coaches, it is a chance for the gymnasts to meet and fellowship with others whose goals and dreams are similar. The schedule is broken up so each camper's experience is one of learning new skills, meeting new friends and of excitement and fun! All campers when not in the gym are closely chaperoned at all activities and at the Hotel. Campers will be transported to and from the hotel and all activities via buses. Please know that each campers' safety and experience is our main priority.

## REQUIREMENTS

This camp is for girls ages 8 - 18. All campers must be a registered AAU member. Campers can obtain their AAU membership online at [www.ausports.org](http://www.ausports.org).

## CAMP FEES

### **Overnight Camper**

TOTAL COST - \$325.00\*

Camp Fees include: Housing, All meals, all activities, Camp T-shirt and great gymnastics training. All the Fun each camper will have is absolutely FREE!

**\*\*Scholarship Opportunities Available!**

\* Scholarship information taken on a case by case basis. Please send request to Michael at [Balconycamp@aol.com](mailto:Balconycamp@aol.com).



[www.BalconySports.com](http://www.BalconySports.com)

## HOUSING

All Campers, coaches and chaperones will be staying at Ocala's premier hotel, Holiday Inn & Suites Conference Center. The hotel is fully self enclosed for the safety of our campers. There will be 24 hour security along with chaperoned supervision with lights out at 10:30.

## REGISTRATION

Registration deadline is Monday, JUNE 15, 2010. To Register, you can either send contact information to: Michael Hamer at [BalconyCamp@aol.com](mailto:BalconyCamp@aol.com) or call 352-401-3663. A complete registration packet will be sent immediately to you. We encourage gym owners and coaches to give us a call for more information.

Payment can be made via Check, Visa, Mastercard, Discover, or American Express.

\* There are no refunds after June 15, 2010.

## QUESTIONS?

(352) 622 - FLIP (3547)

(352) 817 - 9270

[BalconyCamp@aol.com](mailto:BalconyCamp@aol.com)



## CHAPERONES

Volunteer Chaperone positions are available for parents of gymnast attending camp. Those who are chosen to chaperone will have their food and lodging provided. Chaperones are chosen on a first come first serve basis. Anyone interested or has any questions, needs to contact Nancy Tuten at (352) 427-1732 or (352) 401-3663

**\* Special Guest Coach this year will be 1996 Gold Medalist Dominique Moceanu. Dominique is an incredible motivator and coach and will be having special clinics for the girls throughout the weekend.**



## COACHES

"We Want You".... Current gymnastics coaches coming with or without a team! Great facility to train, great fun! All working coaches selected will have their lodging and meals provided as well as a monetary stipend & other amenities.

Shadowing allowed to visiting coaches as well. We need coaches commitment by JUNE 15, 2010. Contact Michael Hamer at [BalconyCamp@aol.com](mailto:BalconyCamp@aol.com), (352) 401-3663 or (352) 817-9270.

## \*CAMP SCHEDULE

### **THURSDAY**

Check In by 11am\*  
11:30pm - 12:30pm  
12:30pm - 5:00pm  
5:00pm - 6:00pm  
6:30pm



Break into groups/Discussion  
Afternoon Training  
Pizza Party at Gym  
Hotel Check In & Ice Cream Social

*\*Make sure your camper has eaten lunch before check-in*

### **FRIDAY**

8:00am - 9:00am  
9:00am - 12:30pm  
12:30pm - 3:30pm  
3:30pm - 6:30pm  
6:30pm - 7:30pm  
7:30pm - 9:30pm

Breakfast at Hotel  
Morning Training  
Lunch/Lake/Rest  
Afternoon Training  
Dinner  
Awesome Evening Adventure



### **SATURDAY**

8:30am - 9:30am  
9:30am - 12:30am  
12:30am - 1:30pm  
1:30pm - 6:00pm  
6:30pm - 10:30pm

Breakfast at Hotel  
Morning Training  
Lunch/Rest  
Afternoon Training  
Dinner/Skit Night  
Dance Party

### **SUNDAY**

9:00am - 10:00am  
10:00am - 12:00pm  
12:00pm - 1:00pm

Breakfast at Hotel  
Open gym/Show Off\*  
Camper Awards

\*Tentative Schedule times may change

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