Gymnastics

Girl’s Resident and Commuter Camp
Ages 8-18 years old

Directed by Head Gymnastics Coach Kathie Klages. Assistant Coaches Mike Rowe and Nicole Curler will serve as master staff along with other prominent coaches from across the country. The Spartan gymnastics team will be your junior counselors for this year’s camp. Call 517-355-4708 with questions.

**Gymnastics Day Camp**
**June 29-July 2**

<table>
<thead>
<tr>
<th>Check-in:</th>
<th>9:00-10:00 a.m. (Monday)</th>
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<tbody>
<tr>
<td>Location:</td>
<td>Jenison Fieldhouse 3rd Floor Gym</td>
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<tr>
<td>Check-out:</td>
<td>4:00 p.m. (Thursday)</td>
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<tr>
<td>Camp fees:</td>
<td>Commuter Camp $375.00</td>
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<td>(Lunch provided at gym)</td>
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**Gymnastics Overnight & Commuter Camp**
**July 12-15**

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<thead>
<tr>
<th>Check-in:</th>
<th>11:00 a.m.-Noon (Sunday)</th>
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<tbody>
<tr>
<td>Location:</td>
<td>Football Stadium- Gate C</td>
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<tr>
<td>Check-out:</td>
<td>4:30 p.m. (Wednesday)</td>
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<tr>
<td>Camp fees:</td>
<td>Resident Camp $525.00</td>
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<td>(includes all meals)</td>
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<td></td>
<td>Commuter Camp $425.00</td>
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<td>(includes lunch and dinner)</td>
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*CAMP FEATURES*
- Progression and skill instruction on vault, bars, beam and tumbling
- Group dance sessions
- Conditioning
- Flexibility
- Trampoline and/or tumble track
- Camp ratio 1:8 or less

*$25 Discount if you enroll BEFORE May 1

This Summer We Train Like Spartans!

www.sportcamps.msu.edu
@MSUgymnastics
Gymnastics

2015 DATES
June 29-July 2
Day Camp
July 12-15
Overnight & Commuter

Girl’s Resident and Commuter Camp

CAMP INFORMATION

Refund Policy
Campers unable to attend camp are entitled to a refund. A $55 administrative fee (only $30 if you enrolled online) will be deducted from all refunds, regardless of the reason. Refund requests must be submitted in writing PRIOR to the first day of the camp session in which the camper was originally enrolled. No refunds for any reason (i.e. injury, illness) will be given once a camper is on campus.

Medical Policy
Each participant should have his or her own medical insurance. A student trainer will always be available. Participants are automatically enrolled in MSU’s accident insurance plan. Eligible covered expenses will be paid only if they are in excess of other valid and collectible insurance. No physicals are required.

Meals
Breakfast 7:00 a.m. – 8:30 a.m.
Lunch 11:30 a.m. – 1:30 p.m.
Dinner 4:00 p.m. – 6:30 p.m.
First meal is Sunday 6:30 p.m. at Jenison (Pizza Party).

Check-In/Check-Out
Time and location of check-in/check-out will be printed on your receipt and sent to you at time of payment.

CONTACT INFORMATION

Sports specific questions contact:
517-355-4708

General, Registration and Roommate questions:
517-432-0730
www.sportcamps.msu.edu

REGISTRATION INFORMATION

Register online at www.sportcamps.msu.edu or complete the attached application. Full payment by either check, MasterCard, VISA, Discover or American Express must accompany the application. Make checks payable to Michigan State University. No applications will be accepted before February 1st. You will receive confirmation for receipt of enrollment by mail within 12-15 business days.

Walk-In Registration Policy
No walk in registration for Gymnastics.

MSU Sport Camp Policy
Persons enrolled in MSU Sport Camps will be required to attend all sessions and to comply with the rules and regulations of Michigan State University governing the conduct of all students on the campus.
The Gymnastics Camp Application
REGISTER AT WWW.SPORTCAMPS.MSU.EDU
PLEASE PRINT INFORMATION BELOW OR ENROLL ONLINE

Name
Address
City State Zip
Parent or Guardian
Daytime Telephone
Evening Telephone
E-mail
School

Grade in September: __________________________ Age: __________
Sex: ______ Date of Birth: ___________ Ht: _______ Wt: ______
Roommate preference: _____________________________

Youth Shirt Size: □ Small □ Medium □ Large
Adult Shirt Size: □ Small □ Medium □ Large □ X-Large

Please circle level of Gymnastics:
RECREATIONAL  COMPETITIVE  Level: _______________________

Please enroll me in the following Gymnastics camp:
Camp Date  Resident  Commuter
June 29-July 2  □ $375.00
July 12-15  □ $525.00 □ $425.00

U.S. FUNDS ONLY.
Please make checks payable to MICHIGAN STATE UNIVERSITY

Check one:
□ Check  □ Mastercard  □ VISA  □ Discover  □ American Express

Card Number
3 digit security code  Exp. Date

Signature
Amount of Check/Charge enclosed

Medical Treatment Authorization Form
____________________________________________ DOB___/____/____
Participant's Name
What Sport: _________________________________________________________
Date of Camp: ______________________________________________________
Participants are automatically enrolled in MSU's accident insurance plan. Eligible covered expenses will be paid only if they are in excess of other valid and collectible insurance.
1. List any medical conditions that camp personnel should be aware of (use additional pages if necessary):
______________________________________________________________________
______________________________________________________________________
______________________________________________________________________
2. List any medications currently taking:
______________________________________________________________________
______________________________________________________________________
______________________________________________________________________
3. List any allergies:
______________________________________________________________________
______________________________________________________________________
______________________________________________________________________
In case of emergency please contact:
Name
Daytime Telephone  Evening Telephone

Insurance Information:
Name of Medical Insurance Company  Insurance Company Telephone
Name of Insurance Policy Holder  Policy Holder DOB
Medical Insurance Policy Number  Medical Insurance Group# (if appl)

____________________________________________, as parent or legal guardian of the participant named above, authorizes MSU to seek medical and/or surgical treatment which is reasonably necessary to care for the participant. I further authorize the medical facility that treats the participant to release all information needed to complete insurance claims. I acknowledge my responsibility to pay all costs associated with the participant’s medical care and authorize all insurance payments, if any, to be made directly to the medical facility.

Signature (Parent or Guardian) Date

Send Application and Medical Treatment Form with payment in full to:
MICHIGAN STATE UNIVERSITY
Sports Camp Office
223 Kalamazoo, Jenison Field House
East Lansing, MI 48824-1025
Fax: 517-355-6891
DID YOU KNOW?

• Most concussions occur without loss of consciousness.
• Athletes who have, at any point in their lives, had a concussion have an increased risk for another concussion.
• Young children and teens are more likely to get a concussion and take longer to recover than adults.

WHAT IS A CONCUSSION?

A concussion is a type of traumatic brain injury that changes the way the brain normally works. A concussion is caused by a bump, blow, or jolt to the head or body that causes the head and brain to move quickly back and forth. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious.

WHAT ARE THE SIGNS AND SYMPTOMS OF CONCUSSION?

Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury.

If an athlete reports one or more symptoms of concussion after a bump, blow, or jolt to the head or body, s/he should be kept out of play the day of the injury. The athlete should only return to play with permission from a health care professional experienced in evaluating for concussion.

SYMPTOMS REPORTED BY ATHLETE:

• Headache or “pressure” in head
• Nausea or vomiting
• Balance problems or dizziness
• Double or blurry vision
• Sensitivity to light
• Sensitivity to noise
• Feeling sluggish, hazy, foggy, or groggy
• Concentration or memory problems
• Confusion
• Just not “feeling right” or is “feeling down”

SIGNS OBSERVED BY COACHING STAFF:

• Appears dazed or stunned
• Is confused about assignment or position
• Forgets an instruction
• Is unsure of game, score, or opponent
• Moves clumsily
• Answers questions slowly
• Loses consciousness (even briefly)
• Shows mood, behavior, or personality changes
• Can’t recall events prior to hit or fall
• Can’t recall events after hit or fall

“IT’S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON”
CONCUSSION DANGER SIGNS

In rare cases, a dangerous blood clot may form on the brain in a person with a concussion and crowd the brain against the skull. An athlete should receive immediate medical attention if after a bump, blow, or jolt to the head or body s/he exhibits any of the following danger signs:

- One pupil larger than the other
- Is drowsy or cannot be awakened
- A headache that gets worse
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Cannot recognize people or places
- Becomes increasingly confused, restless, or agitated
- Has unusual behavior
- Loses consciousness (even a brief loss of consciousness should be taken seriously)

WHAT SHOULD YOU DO IF YOU THINK YOUR ATHLETE HAS A CONCUSSION?

1. If you suspect that an athlete has a concussion, remove the athlete from play and seek medical attention. Do not try to judge the severity of the injury yourself. Keep the athlete out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says s/he is symptom-free and it’s OK to return to play.

2. Rest is key to helping an athlete recover from a concussion. Exercising or activities that involve a lot of concentration, such as studying, working on the computer, and playing video games, may cause concussion symptoms to reappear or get worse. After a concussion, returning to sports and school is a gradual process that should be carefully managed and monitored by a health care professional.

3. Remember: Concussions affect people differently. While most athletes with a concussion recover quickly and fully, some will have symptoms that last for days, or even weeks. A more serious concussion can last for months or longer.

WHY SHOULD AN ATHLETE REPORT THEIR SYMPTOMS?

If an athlete has a concussion, his/her brain needs time to heal. While an athlete’s brain is still healing, s/he is much more likely to have another concussion. Repeat concussions can increase the time it takes to recover. In rare cases, repeat concussions in young athletes can result in brain swelling or permanent damage to their brain. They can even be fatal.

STUDENT-ATHLETE NAME PRINTED

STUDENT-ATHLETE NAME SIGNED

DATE

PARENT OR GUARDIAN NAME PRINTED

PARENT OR GUARDIAN NAME SIGNED

DATE

TO LEARN MORE GO TO >> WWW.CDC.GOV/CONCUSSION

Content Source: CDC’s Heads Up Program. Created through a grant to the CDC Foundation from the National Operating Committee on Standards for Athletic Equipment (NOCSAE).