

# Jump Rope & Gymnastics Camp 2016

Registration Form

August 8-12<sup>th</sup>, 2016 ---- 9am – 4pm

Hosted by Hot Dog USA and TECH Gymnastics

Please return this form and payment to TECH Gymnastics

**(Please make checks payable to Evergreen Athletics, LLC) PART #1:**

Child's First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Child's DOB: \_\_\_\_/\_\_\_\_/\_\_\_\_ Age: \_\_\_\_ T-Shirt Size: \_\_\_\_\_ (included in cost of camp)

Additional t-shirts may be purchased for \$15 each. Size: \_\_\_\_\_ QTY: \_\_\_\_\_

Address: \_\_\_\_\_ City/State/Zip: \_\_\_\_\_

Allergies / Medical Conditions:

Parent Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Parent E-mail: \_\_\_\_\_

Emergency Contact (Name and Ph. #) – can be reached during camp.

## **PART #2:**

Is your child part of a Jump Rope Team? \_\_\_\_\_ If yes, which Team? \_\_\_\_\_

**Tumbling Level** – Please circle your child's gymnastics level.

Class	Prerequisite Skills and Skill Focus
<b>Beginner</b>	An introductory course for anyone with less than one year of gymnastics training. Focus will be on the introduction of tumbling fundamentals and the development of general body awareness, strength and flexibility.
<b>Novice</b>	<b>Prerequisite skills:</b> previous gymnastics experience, forward roll, backward roll <b>Skill focus:</b> front and back walkovers, cartwheels, round-offs, introduction to front and back handsprings
<b>Intermediate</b>	<b>Prerequisite Skills:</b> strong cartwheels and round-offs, bridge kick-overs <b>Skill focus:</b> front handsprings, back handsprings, round-off back handsprings, introduction to front and back tucks.
<b>Advanced</b>	<b>Prerequisite Skills:</b> front handsprings, back handsprings, and round-off back handsprings performed independently (no spot needed) <b>Skill focus:</b> front tucks, back tucks, round-off back tucks, round-off back handspring back tucks

<b>High Advanced</b>	<b>Prerequisite Skills:</b> front tuck, round-off back tuck <b>Skill focus:</b> front and back lay-outs, pikes, and twisting moves (Arabians, ½ twists, full twists, 1½ twists, double full twists)
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**Part #3:** Lunch and a morning and afternoon healthy snack, are included in the \$450 cost of camp.  
**Please note any specific food allergies or limitations we should be aware of below:**

**Child's First Name:** \_\_\_\_\_ **Last Name:** \_\_\_\_\_

**General Waiver and Release**

**General:** This is signed in consideration of allowing the above named student to enroll in a gymnastics program and for appropriate use of the premises of Tech Gymnastics. The undersigned, being the legal and acting guardians of the student, acting for themselves and on behalf of the student release and hold harmless Tech Gymnastics /Evergreen Athletics, Hot Dog USA, as well as its owners, officers, and employees of and from any and all liability, claims, actions, and causes of actions whatsoever, arising out of or relating to any loss, damage, or injury, that may be sustained by the student while in, on, or upon the premises for Tech Gymnastics, Hot Dog USA Jump Rope Facility, or other spaces/facilities used/rented for said event, Jump Rope Gymnastics Camp, August 8-12<sup>th</sup>, 2016.

**Medical Attention:** The undersigned, being duly aware of the risks and hazards inherent upon participation in the classes, activities, and events being conducted by Tech Gymnastics and Hot Dog USA, acting for themselves and the student, hereby elect voluntarily to enter upon the said premises under the control of said corporation, knowing the present condition. The undersigned, acting for themselves and the student, hereby voluntarily assume all risks of loss, damage, or injury that may be sustained by the student while in said premises described above. In the event of any incident which may require immediate medical/dental or any other emergency attention/care in which the Legal Guardians cannot be notified in a reasonable time through reasonable means, the undersigned hereby authorizes Tech Gymnastics to take all necessary actions as it relates to immediate medical/training attention, transportation, and emergency medical services as warranted in the course of care of the undersigned student. The undersigned is aware that they will be responsible for all fees and expense as they may relate to this medical attention paragraph.

**Waiver and Release:** I, \_\_\_\_\_ (parent name), am fully aware of and appreciate the risks, including the risk of catastrophic injury, paralysis, and even death, as well as other damages and losses associated with participation in a gymnastics program. I further agree that Tech Gymnastics along with its employees, agents, officers, and directors, shall not be liable for any losses, expenses, or damages occurring as a result of participation in the program and/or activities. Or event except where such loss or damage is the result or the intentional or reckless conduct of one of the groups or individuals identified above.

**Acknowledgment:** This release shall be binding upon distributes, heirs, next of kin, executors, and administrators of the student and the undersigned.

In signing this release, the undersigned hereby acknowledges:

- a. That he or she has read this release, understands it, and signs it voluntarily
- b. That the undersigned signing as legal guardian is truly a legal guardian.

**Date:** \_\_\_\_/\_\_\_\_/\_\_\_\_

**Parent Signature:** \_\_\_\_\_

**Transportation Waiver:**

My child, \_\_\_\_\_ will be using transportation provided by Hot Dog USA Parent volunteers during the week of August 8-12<sup>th</sup>, 2016 for Jump Rope Gymnastics Camp; **YES or NO?:** \_\_\_\_ Yes \_\_\_\_ No

*\*\* If you would prefer to transport your own child (or have someone else who will), please specify at check in each day with camp staff. You must also check your child out EACH DAY at lunch, before leaving the Hot Dog USA Facility (or other spaces/facilities used/rented for said event).*

**If you checked YES above, please fill out waiver below:**

I, \_\_\_\_\_, understand that my child will be utilizing transportation provided by Hot Dog USA parent volunteers in the transport of my child from the Hot Dog USA Facility (or other spaces/facilities used/rented for said event) to Tech Gymnastics during the week of August 8<sup>th</sup>, 2016 and give my full permission for my child to ride with and hold harmless any and all drivers scheduled for transportation during camp week. (All drivers are over the age of 25, have personal auto insurance and have had a background check).

**Parent/Guardian Name:** \_\_\_\_\_

**Parent/Guardian Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

## Please keep the next two pages for your information!

Phone: 425-486-7429 (Contact: Rochelle Cecil & Madalyn Thomas)

### Camp Information:

Dates: August 8-12<sup>th</sup>, 2016

Time: 9am – 4pm

Cost: \$450/child – 2 snacks and lunch included

Sibling Discount: 10% off second+ SIBLINGS

Host Families: For out of town guests, limited host families are available from the HOT DOG USA Jump Rope team. Please contact us for more information on our hosting available. If you'd prefer to stay with your group at a hotel, please ask us for a list of HOTEL options in the area.

### To Register; please follow these 3 easy steps:

1. Fill out pages 1 and 2.

2. Mail, Email, or Fax forms to:

- a. [Rochelle@techgymnastics.com](mailto:Rochelle@techgymnastics.com) (Camp Organizer – Rochelle Cecil & Madalyn Thomas)
- b. Tech Gymnastics (Attn: JRG Camp)  
15000 Woodinville-Redmond Rd NE  
Suite 200  
Woodinville, WA 98072
- c. Fax: 425-486-7629

3. Payment:

- a. **A \$100 deposit will be due immediately with this registration form, as well as the cost of any additional t-shirts**, with the remaining balance of \$350 due by Friday, July 22<sup>nd</sup>, 2016. (If paid in full by May 15<sup>th</sup> – you will receive a \$15 discount).
- b. **Check Payment:** Payable to EVERGREEN ATHLETICS – mailed to address above.
- c. **Credit Card Payment:** Call Rochelle Cecil or Madalyn Thomas at 425-486-7429 (Tech Gymnastics). Best hours are 9am-12pm and 1-4:30pm, M-F.

## Tentative Daily Camp Schedule:

Time	Activity	Location	Details
9:00am – 9:30am	Check-In / Warm-up	TBD	Please sign-in <b>every day</b> at the front table, pick up a name tag, & specify 12:45pm transport choice (see below).
9:30am – 12:00pm	Jump Rope Instruction (Ropes available for purchase at camp.)	TBD	Single Rope, Partner, Chinese Wheel, Long Rope, Double Dutch, ...and more!
12:00pm – 12:45pm	Lunch & Open Jump Rope Practice Time	TBD	Time to refuel and continue working on skills learned in the morning, before beginning the gymnastics session of the day!
12:45pm – 1:00pm	Transport to Tech	Campers will be transported from <b>Location TBD</b> to EGA by host parents of the Hot Dog USA jump rope team. "Transportation Waiver" must be signed when registering your child. If parents wish to transport their own child, they can choose to do so, <b><u>but must confirm at sign in each day (except hosted jumpers).</u></b>	
1:00pm – 4:00pm	Gymnastics Instruction	Tech Gymnastics 15000 Woodinville- Redmond Rd NE Suite 200 Woodinville, WA 98072	Gymnastics Instruction will be focused around general skill development, strength & flexibility training, and mastering gymnastics skills on a hardwood floor with ropes, to be used to enhance performance and competition.
4:00pm	<p align="center"><b><u>Parent Pick-Up @ Tech Gymnastics</u></b></p> <p>When picking up, please watch for "parking attendants". The parking lot is busy at this time and we would like to respect the neighboring tenants – please be patient with us, we'll get your kids out as quick as we can. They will need to be checked out at the front door. (Thank you in advance for your patience.)</p>		

**\*\* Two weeks prior to camp, we will e-mail out additional information to help with planning for camp.\*\***

***If you have any questions regarding camp, please feel free to e-mail Rochelle Cecil or Madalyn Thomas at [Rochelle@techgymnastics.com](mailto:Rochelle@techgymnastics.com) or call the Tech Gymnastics office at 425-486-7429.***