

Champion Boys & Girls Team Families,

We had a great time celebrating with you all last week at our End of the Year Banquet and I'm looking forward to camp **Monday, June 19th-22nd**. Please read through the events for the week as I've added important additional information. I want to make sure you are completely aware with all that we have going on during camp! A copy of this email has been uploaded and posted on our **[Champion Summer Camp Page](#)**

Boys & Girls Levels 2-10 and Xcel will not have practice the week of camp. Pre-Team and Girls Level 1 will still have practice.

For the Pre-Team and Level 1's participating in camp we don't recommend that you all participate in their evening practices! If you are interested in signing up, there are still spots available. Visit our website to sign up **<http://championgym.com/summer-camp/>**. Don't miss out on the fun! Please check out the schedule below as there are daily themes, additional camp activities and time adjustments that vary from day to day.

Lunch will be from 11:20-12:10 each day. You can either pack a lunch or buy lunch provided by Booster Club. Please fill out the online **[Lunch Order Form](#)** Lunch Orders are due **Wednesday, June 14th**. Make sure that even-one also packs a water bottle.

All About Kids will be selling **Ice Cream** each day, outside during lunch. These will need to be consumed while outside and not brought back into the building. The cost is \$3.00.

Booster Club will have **Snow Cones** made each day with our new AAK Snow Cone Machine!

Camp Drop Off and Pick UP will take place via our camp car-rider line. Please follow the car line all the way to the side door where there

will be staff present to sign them in and sign them out. They will not be able to enter or exit through the front doors.

Camp Pick up will take place in the same car-rider line as drop off. We will use Walkie Talkies and when you arrive and we will call your child out. Please be prompt and come at your scheduled time. Do not enter the building.

Monday – Champion Day - Wear your champion team tank leotard from last season and black champion Team T-shirt

7:20am-7:45am - Camp Sign-in
7:45am-8:00am - Camp Team Picture - Don't be Late
8:00am-2:50pm - Camp Training
11:20am-12:10pm - Lunch
2:50pm-3:00pm - Clean Gym & Stretch

2:50pm- Level 1 & 2 Pick-up
3:00pm- Level 3 & 4 Pick-up & Self Driving Teenagers
3:10pm- Levels 6-10, Xcel and Boys Pick-up

We are tie-dyeing a t-shirt on the MONDAY of camp! Please have them bring a plain white t-shirt with their name on the back tag.

Tuesday - Tiki Tuesday - Dress in Hawaiian Attire

7:40am - Camp Drop Off
8:00am-2:50pm - Camp Training
11:20am-12:10pm Lunch
2:50pm-3:00pm - Clean Gym & Stretch

2:50pm- Level 1 & 2 Pick-up
3:00pm- Level 3 & 4 Pick-up & Self Driving Teenagers
3:10pm- Levels 6-10, Xcel and Boys Pick-up

3:30pm-5:30pm Full Program Welcome SWIM Party! All Champion Families are invited - Booster Club has covered cost for all to swim.

Please pack a hearty snack as your kids will be hungry after camp. Level Reps will be reaching soon out to coordinate additional light snacks and drinks

**Bridgepointe Swim and Tennis Club - 4910 Olde Creek Way,
Prospect, KY 40059**

Wednesday – White Lie Wednesday- Use a white Piece of paper, or wear white T-shirt and write a little white Lie on it (white out) - i.e. “I’m never late for practice”, “I love conditioning”...

7:40am - Camp Drop Off
8:00am-2:50pm - Camp Training
2:50pm-3:00pm - Clean Gym & Stretch

**3:00pm-4:00pm Ice Cream Social and Water Balloon Fight - Pack a Swim Suit and come prepared with your own “AMMO”! Water Balloons will need to be filled up ahead of time and in a cooler—
LABELED**

**3:40pm - Level 1 & 2 Pick-up
3:50pm- Level 3 & 4 Pick-up & Self Driving Teenagers
4:00pm- Levels 6-10, Xcel and Boys Pick-up**

Thursday - Throwback Thursday Bring back your oldest Champion attire or oldest leotard!

7:40am - Camp Drop Off
8:00am-2:30pm - Camp Training
11:20am-12:10pm - Lunch
2:30pm-3:15pm - Dance Contest and Camp Awards - Parents are welcome.

We will offer a two 30 minute seminars after Camp Dances for athletes to be accompanied with their parents for ages 10 and up!

3:15pm-3:45pm - **Thriving as a Competitive Gymnast with Dr. Tanya Stockhammer, PHD.** - Sports Psychology - **Boys and Girls ages 10 and up accompanied with their parents**

3:45pm-4:15pm - **Pelvic Health for the young Gymnast with Dr. Melissa McElroy, PT,WCS.** and this is for **Girls 10 & up accompanied by their parents.**

If you plan to attend the seminars and/or have questions about any aspect of camp you may email or text me.

Karim.elatroush@allaboutkids.cc or text me [\(904\) 576-5466.](tel:9045765466)

Looking forward to a fantastic week!