



# CARMEL CATHOLIC

## GIRLS GYMNASTICS & TUMBLING



# SUMMER CAMPS



**HELD AT:**



**In Mundelein** (just minutes from Carmel)



**For grades 1-8**  
(Tumbling for grades 1-12!)  
**Coached by:**  
*cchs head gymnastics coach  
sarah mikrut doyle &  
The 2008-09 varsity team*

**5<sup>th</sup> in state!!**

**CCHS GYMNASTICS CAMPS ARE OPEN  
TO ALL GIRLS, All Levels,  
GRADES 1<sup>ST</sup> - 8<sup>TH</sup>**



- ✓ Our camp is offered in three different five day sessions, broken down by age group. The two gymnastics sessions run for 2 ½ hours per day, while the tumbling session will be 2 hours long.
- ✓ During the gymnastics sessions, each camper will experience all four events – vaulting, uneven bars, balance beam & floor exercise – with our focus emphasizing proper technique of ALL skills, whether basic or more difficult.
- ✓ The tumbling session is geared toward cheerleaders & aims to promote proper arm motions and jump technique, as well as teach the tumbling skills that cheerleaders need to succeed.

### CAMP DATES, TIMES & FEES

**1<sup>ST</sup> - 4<sup>TH</sup> Graders:**  
**June 15-19 from 12:30-3:00pm**

**5<sup>TH</sup> - 8<sup>TH</sup> Graders:**  
**June 22-26 from 12:30-3:00pm**

**Tumbling for Cheerleaders**  
**1<sup>ST</sup> - 12<sup>th</sup>:**  
**July 6-10 from 12:30-2:30pm**

**Each session is \$150/camper, &  
includes a camp t-shirt!**

**Questions?? Call or email...**  
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**For more information & camp registration forms, go to:**  
**[www.carmelhs.org](http://www.carmelhs.org)**