

**LASSWADE GYMNASTICS CLUB
TRAINING CAMP NOTES**

1. ALL CAMP PLACES ARE BOOOKED ON A FIRST COME BASIS WITH PRIORITY GIVEN TO LASSWADE MEMBERS AND MEMBERS OF SCOTTISH NATIONAL AND REGIONAL SQUADS
2. NUMBERS WILL BE LIMITED TO A MAXIMUM OF 40 GYMNASTS ON EACH CAMP
3. CAMP T/SHIRTS ARE INCLUDED IN THE COST
4. NO MEALS ARE SUPPLIED AND PACKED LUNCHES ARE RECOMMENDED. CAFETERIA FACILITIES WILL BE AVAILABLE.
5. PARENTS/GUARDIANS SHOULD ADVISE CAMP STAFF COACHES IN WRITING OF ANY MEDICAL OR PHYSICAL CONDITIONS THAT PARTICIPATING GYMNASTS MAY HAVE.
6. GYMNASTS MUST BE SIGNED IN AND OUT EACH DAY BY A RESPONSIBLE ADULT
7. GYMNASTS PERSONAL COACHES MAY ATTEND (FREE OF CHARGE) BUT IF PARTICIPATING MUST OPERATE UNDER THE DIRECTION OF THE CAMP STAFF COACHES.
8. SCOTTISH REGIONAL SQUAD (WA) GYMNASTS BORN IN 1998 WILL BE ELIGIBLE FOR CAMP 1 OR CAMP 3 BUT NOT BOTH.
9. ALL PARTICIPANTS MUST BE APPROPRIATELY DRESSED FOR GYMNASTIC TRAINING
10. ALL TRAINING SESSIONS WILL BE HELD AT THE MIDLOTHIAN SCHOOL OF GYMNASTS FACILITY
11. PLEASE ENCLOSE WITH ENROLMENT FORM INFORMATION REGARDING THE LEVEL OF GYMNASTICS AT WHICH YOU PARTICIPATE. COMPETITIONS ENTERED / SCORES. SQUADS OF WHICH YOU ARE A MEMBER AND ANY OTHER INFORMATION TO ASSIST US IN PLACING YOU IN THE MOST APPROPRIATE GROUP DURING THE CAMP. (Not required for Lasswade members)

**IF YOU REQUIRE ANY FURTHER DETAILS OR
INFORMATION PLEASE EMAIL REQUEST TO
info@lasswadegymnastics.co.uk**

**Lasswade Gymnastics Club
Autumn Training Camps 2007**

**Camp 1
WA Advanced Camp
Mon 15th to Wed 17th October**

**Camp 2
MA Training Camp
Thu 18th to Sat 20th October**

**Camp 3
WA Development Camp
Sat 20th and Sun 21st October**

ENROLMENT FORMS

CAMP DETAILS

CAMP 1 for Advanced Girls born 1997 and older

Monday 15th to Wednesday 17th October (10am to 5pm each day)

Costs £55 for Lasswade GC members
£65 for Members of other Clubs

Coaches Mike Swallow (Former GB Squad Coach)
Jim Thomson (High Performance Coach)
Tania Swallow (Brevet Judge and Former GB Squad Coach)
Irena Kozyreva (Master of Sport of USSR)
Susan Purves (Senior Club Coach)
Gus Williamson (Club Coach)

CAMP 2 for boys of all ages

Thursday 18th October (10am to 5pm)

Friday 19th October (10am to 5pm)

Saturday 20th October (10am to 1pm)

Costs £45 for Lasswade GC members
£55 for Members of other Clubs

Coaches Paul Thewlis (Club Coach)
Christina (Club Coach)
Jim Thomson (HPC vault, bars and tumble) Thurs & Fri only
Others (To be confirmed)

CAMP 3 for Girls born in 1998, 1999 or 2000

Saturday 20th October (2pm to 5pm)

Sunday 21st October (10am to 5pm)

Costs £25 for Lasswade GC members
£35 for Members of other Clubs

Coaches Susan Purves (Senior Club Coach)
Gus Williamson (Club Coach)
Rachael Purves (Choreographer and Assistant Club Coach)
Others (To be confirmed)

ENROLMENT FORM

CAMP 1 *CAMP 2* *CAMP 3* (PLEASE CIRCLE)

Full Name of Applicant _____

Full Address _____

_____ **POST CODE** _____

GYMNASTS DATE OF BIRTH _____

CONTACT NUMBERS – EMAIL _____

HOME TEL _____ **MOBILE** _____

T/SHIRT SIZE _____

CLUB _____ **SGA/BGA MEMBERSHIP No** _____

PAYMENT ENCLOSED £25 £35 £45 £55 £65 (PLEASE CIRCLE)
(PAYABLE TO LASSWADE GYMNASTICS CLUB)

**RETURN COMPLETED FORM BY 28th SEPTEMBER 2007 LATEST
ALONG WITH PAYMENT AND PEPLY TO NOTE 11 OVERLEAF
TO**

**LASSWADE GYMNASTICS CLUB
MIDLOTHIAN SCHOOL OF GYMNASTICS
LASSWADE HIGH SCHOOL SPORTS CENTRE
ESKDALE DRIVE
BONNYRIGG
MIDLOTHIAN EH19 2LA**

DECLARATION

**I CONFIRM THAT I HAVE READ AND ACCEPT THE NOTES
OVERLEAF AND THAT THE CLUB TO WHICH THE ABOVE NAMED
GYMNAST IS A MEMBER ARE AWARE THAT HE /SHE IS
ATTENDING OUR CAMP**

SIGNED _____ **PARENT/GUARDIAN**