



# UMDGC Camps School Year 2017-18

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530 Hertzog Blvd., King of Prussia, PA 19406



## GYMNASTICS CAMP

Ideal for first time gymnasts to those preparing for team. Campers will receive instruction on all of the gymnastics equipment, including trampoline and tumbltrak. Basic dance instruction will be included for girls levels 0-2 to better prepare them for the artistic side of the sport. Campers are divided into groups based upon gender, level, and/or age when appropriate. At times, higher level campers may be combined with the team camps to provide them with qualified instruction on the events during the mornings.  
**Prerequisites:** Coed ages 5 & up. **Attire:** Non-restrictive, athletic clothes. Bare feet. **Ratio:** 6-7 gymnasts per instructor.

## TUMBLING CAMP

Perfect for cheerleaders looking to learn or perfect tumbling skills. Progressive instruction will be provided on the spring floor, airfloor, tumbltrak, and trampolines. The camp will focus on rolls, cartwheels, roundoffs, and back handsprings (UMDGC Beginner 1 and Beginner 2 levels). Campers are divided into groups based upon gender, level, and/or age when appropriate and staffing permits.  
**Prerequisites:** Coed ages 7 & up. **Attire:** Non-restrictive, athletic clothing. Bare feet; or clean, dry cheerleading shoes. **Ratio:** 6-8 tumblers per instructor.

## ADVANCED TUMBLING CAMP

The tumblers will be focused on twisting, whips, arabians, standing tucks, and possibly front tumbling. Instruction will be provided on the spring floor, airfloor, tumbltrak, and trampolines. Campers are divided into groups based upon gender, level, and/or age when appropriate and staffing permits. **Prerequisites:** A UMDGC Advanced, Expert, or Master tumbler. **Attire:** Non-restrictive, athletic clothing. Bare feet; or clean, dry cheerleading shoes. **Ratio:** up to 9 tumblers per instructor.

## MLK JR. DAY OF SERVICE

All proceeds will benefit Unite For Her's Pink Invitational. Members of the UMDGC Gymnastics Team and coaching staff will be volunteering provide instruction during the gymnastics camp. The junior staff will be supervised by senior members of the UMDGC staff. Dave will be volunteering for the advanced tumbling camp.

## DISCOUNTS

**Family:** Receive a 10% discount when you have two or more campers attending the same days of camp.

**Military:** Receive 10% off when you provide proof of past or present military service for a member of the camper's household.

<b>THANKSGIVING BREAK</b>	<b>Camp Offered</b>	<b>Fee</b>
Black Friday, Nov 24 (HCA)	Gym, Tumbling, Adv Tum	\$45
<b>WINTER BREAK CAMP</b>		
Tue, Dec 26 (HCB)	Gym, Tumbling	\$60
Wed, Dec 27 (HCC)	Gym, Tumbling	\$60
Thu, Dec 28 (HCD)	Gym, Tumbling	\$60
Fri, Dec 29 (HCE)	Gym, Tumbling	\$60
<b>MLK, JR. DAY OF SERVICE</b>		
Mon, Jan 15 (WCA)	Gym, Adv Tum	\$45
<b>SPRING BREAK CAMPS</b>		
Mon, Mar 26 (ECA)	Gym, Tumbling	\$60
Tue, Mar 27 (ECB)	Gym, Tumbling	\$60
Wed, Mar 28 (ECC)	Gym, Tumbling	\$60
Thu, Mar 29 (ECD)	Gym, Tumbling	\$60
Fri, Mar 30 (ECE)	Gym, Tumbling	\$60

## DAILY SCHEDULE

8:30-9:30 FREE Expanded Drop-off. Campers are supervised as they do independent activities, watch child-oriented TV, or relax.  
9:30-12:45 Camp activities with a 10-minute snack break.  
12:45-1:30 Campers eat lunch. Bring a healthy snack, bagged lunch, and drink every day.  
1:30-3:30 Afternoon activities may include: dance, arts & crafts, sports & games, and event workouts.  
3:30-4:00 Open workout and group activity  
4:00-5:00 FREE Expanded Pick-up.

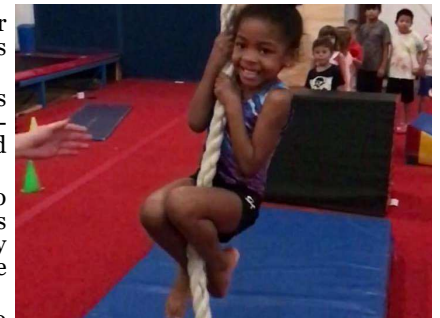
## FREE EXPANDED SUPERVISION

No instruction is provided. UMDGC staff will supervise campers while they play card and board games, watch a G- or age-appropriate PG-rated movie, watch child-appropriate TV programming, relax, or bring their own activity.

## CAMPER RULES

For the safety of the campers and productivity of the camp, UMDGC reserves the right to discipline campers if they do not follow the following rules, rules posted in UMDGC, and/or common classroom etiquette. Discipline may include, but is not limited to, verbal warning, timeout, meeting with parents, and suspension or expulsion from camp. The discipline will be based on the incident's severity, and the camper's past history and special conditions. Decisions of UMDGC's staff are final.

- Campers must follow the directions of UMDGC staff.
- Campers must remain with their group at all times when in the gym and studios.
- Notify a staff member immediately of all injuries or problems.
- Gum, food, and drinks other than water are prohibited in the studios and gym.
- Campers are expected to participate in all activities or must sit in the lobby for the remainder of the rotation.
- Campers are expected to behave in an appropriate manner and show respect to others.
- Campers may not touch other campers without coach/instructor permission.
- UMDGC is not responsible for damaged, stolen, lost, or misplaced property and money. Bring at your own risk and keep in your bag or check it in at the front desk.
- Proper attire is essential for the safety of the camper and staff. Those not dressed correctly will not be permitted to participate.



## SNACK AND LUNCH

- UMDGC does not supply food, drinks, utensils, microwaves, or refrigerators.
- Snack time: One beverage and a healthy snack.
- Lunch: Bring a bagged lunch and beverage with the camper's name on it, along with all necessary utensils.
- Please, no glass as our campers walk around barefooted.
- Due to food allergies, UMDGC cannot supply food or permit sharing of food.
- UMDGC staff will only enforce eating plans or eating expectations that are supplied by a health care professional.

# UMDGC SCHOOL YEAR CAMP REGISTRATION FORM

## PARTICIPANT INFORMATION (ONE PER FORM; PRINT ALL INFO CLEARLY)

Participant's Name \_\_\_\_\_ Birthday \_\_\_\_\_

Gender: M F Participant's Cell \_\_\_\_\_ Name of Health Insurance Company \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email (s) \_\_\_\_\_ Home Phone \_\_\_\_\_

Emergency + Pick-up Contact 1 \_\_\_\_\_ Relation \_\_\_\_\_ Phone Number \_\_\_\_\_

Emergency + Pick-up Contact 2 \_\_\_\_\_ Relation \_\_\_\_\_ Phone Number \_\_\_\_\_

EEmergency + Pick-up Contact 3 \_\_\_\_\_ Relation \_\_\_\_\_ Phone Number \_\_\_\_\_

List all physical, emotional, psychological, neurological, and allergic conditions, and special requests. Also include any non-UMDGC dance and gymnastics experience:

\_\_\_\_\_

\_\_\_\_\_

<u>HOLIDAY</u>	<u>DATES</u>	<u>CAMP TYPE (Circle One)</u>	<u>FEE</u>	<u>SPECIAL REQUESTS</u>
Black Friday	Fri, Nov 24 (HCA)	Gym / Tumbling / Adv. Tumbling	\$45	_____
Winter Break	Tue, Dec 26 (HCB)	Gym / Tumbling	\$60	_____
Winter Break	Wed, Dec 27 (HCC)	Gym / Tumbling	\$60	_____
Winter Break	Thu, Dec 28 (HCD)	Gym / Tumbling	\$60	_____
Winter Break	Fri, Dec 29 (HCE)	Gym / Tumbling	\$60	_____
MLK, JR Day	Mon, Jan 15 (WCA)	Gym / Adv. Tumbling	\$45	_____
Spring Break	Mon, Mar 26 (ECA)	Gym / Tumbling	\$60	_____
Spring Break	Tue, Mar 27 (ECB)	Gym / Tumbling	\$60	_____
Spring Break	Wed, Mar 28 (ECC)	Gym / Tumbling	\$60	_____
Spring Break	Thu, Mar 29 (ECD)	Gym / Tumbling	\$60	_____
Spring Break	Fri, Mar 30 (ECE)	Gym / Tumbling	\$60	_____

### WAIVER & RELEASE

In consideration of participation in Upper Merion Dance & Gymnastics Center, LLC.'s ("UMDGC") programming, I, the participant, my parents/guardians, siblings, other family members, and all my guests to UMDGC, affirm to be bound by the following:

**Advertising Release:** I grant permission for UMDGC and their agents to publish photos, movies, images, and names of the participant(s) on UMDGC's website, UMDGC's Facebook, in ads, and/or other forms of information and publications that are viewable to the general public.

**Compliance & Eligibility:** The participant and all guests agree to comply with the rules, policies, and procedures of UMDGC as listed on this camp flyer, website, posted in the facility, and as communicated by UMDGC staff. I attest that all of the above information is true and no important information has been omitted. Failure to comply may lead to disciplinary actions, including but not limited to timeout and expulsion without refund.

**Dance Shoes:** Campers requiring shoes must be sized one week prior to the start of camp. Tap shoes may be available for rent.

**Forgotten Items:** Dance/cheerleading shoes, grips, bags, electronics, book bags, and jewelry will be donated to charity or thrown away seven days after being found. All other items will be thrown away or donated to charity nightly.

**Insurance Coverage:** I affirm that the participant will be covered while enrolled at UMDGC by an insurance policy that I consider adequate for the participant's protection. Any insurance coverage that UMDGC supplies is secondary to my personal insurance.

**Late Pick-up Fee:** \$5 per carload for every portion of five minutes the driver is late.

**Lunch and Snack:** UMDGC does not supply food, drinks, utensils, refrigerators, or microwaves. UMDGC staff will only enforce eating plans or eating expectations that are supplied by a health care professional.

**Medical Attention:** I fully understand that UMDGC staff members are not health care professionals. With that in mind, I hereby release the UMDGC staff to render first aid to the participant in the event of any injury or illness and, if deemed necessary by the UMDGC staff, to seek medical help at any health care facility or hospital, and/or call an ambulance.

**Missed Camp Days:** There are no make-ups, credits, or refunds for missed days of camp.

**Piercings:** I release UMDGC from all claims resulting from injury to the participant resulting directly or indirectly from the wearing of piercings.

**Special Requests:** Groups change daily. Submit requests via email or on the registration form no less than 72-hours prior to the start of each week of camp. Requests are not guaranteed.

**Refunds/Withdrawing:** All refunds for withdrawing from camp must be submitted on the "Withdrawal Request Form" which is available at [www.umdgc.com](http://www.umdgc.com). The form must be received before the start of each day of camp to be eligible for a refund. Refunds will take 30 days.

**Waiver & Release:** I am fully aware of and appreciate the risks, including catastrophic injury, paralysis, and death, that may result from participation in and traveling to or from UMDGC programs. Being aware of the above, I consent to have the participant enroll in the programs offered by UMDGC. I, my executors, and other representatives, waive and release all rights and claims for damages that I or the participant may have against UMDGC, its employees, volunteers, agents, and/or officers.

**ADULT SIGNATURE:** \_\_\_\_\_ **DATE:** \_\_\_\_\_