

## CAMP STAFF

**KASEY CRAWFORD** is in her ninth year with the UWL Gymnastics program, eight years as the assistant coach and choreographer and first year as the head coach.

Kasey was selected the 2016 National Collegiate Gymnastics Association West Region Assistant Coach of the Year, 2013 NCGA West Region Assistant Coach of the Year, and 2012 NCGA Assistant Coach of the Year.

Crawford was a UWL gymnast from 2004-2008, and was a member of three NCGA national championship teams, and was a three time All-WIAC selection and the WIAC scholar athlete in 2008. She earned All-America honors in the all around, uneven bars, vault and balance beam.

Crawford is a Level 10 USA gymnastics judge and teaches in the Exercise Sport Science Department at UWL as well



**ALI BERRY** is in her second season as assistant coach for the UWL Gymnastics team. She coaches primarily vault and floor and has had an incredible impact on those events in the UWL Gymnastics program.



Berry was a UWL gymnast from 2011-2015, and was a member of the 2015 NCGA National Championship Team. She was also a 3x American (vault and floor), an All-Conference member on Balance Beam, and an Academic All-American.

**OTHER STAFF MEMBERS** include top-notch guest coaches and members of the UWL gymnastics team - "Like" our Facebook page (UW-La Crosse Eagle Gymnastics) to find out who our guest coaches will be for the 2017 summer camp!

## UW-LA CROSSE GYMNASTICS

### "CAMP OF CHAMPS"

Friday, June 23 - Sunday, June 25

All Levels

Your 2015 & 2016 Division III National Champions!



Home of ...

17 Division III National Championships

23 Wiac Conference Championships

222 All-Americans

Registration will be limited so register early!



WWW.UWLCAMPS.COM  
OR  
CAMPS OFFICE AT 608.785.8193  
athleticcamps@uwlax.edu



UW-La Crosse Athletics



@UWLATHLETICS

UW-La Crosse is an affirmative action and equal opportunity employer and is in compliance with Title IX and section 504. Advise us at the time of registration if you desire special accommodations. Requests will be kept confidential.

UNIVERSITY OF WISCONSIN-LA CROSSE

INTERCOLLEGIATE ATHLETICS

UWL GYMNASTICS – CAMP OF CHAMPS

Summer  
2017



FRIDAY, JUNE 23 - SUNDAY, JUNE 25

ALL LEVELS

WWW.UWLCAMPS.COM

BUILDING CHAMPIONS.

In Sport. In School. In Life.

# SUMMER 2017 CAMP OF CHAMPS

## WEEKEND OVERNIGHT CAMP

The UW-LA CROSSE Eagle Gymnastics Camp is for female gymnasts ages 7 to 18. This camp allows you to have fun and experience the instruction that you need to improve your gymnastics. Our camp is geared toward all gymnastics levels and we encourage and welcome all ability levels.

Gymnasts will have the opportunity to train in the last year of Wittich Hall on the UW-La Crosse campus. A new state of the art facility will be complete by September 2017 in Cartwright Center on the UWL Campus. The present facility has outstanding equipment which meets NCAA standards and has been touted as the best Division III gymnastics facility in the WIAC. Wittich Hall has been the home of 23 WIAC Conference Championships and 17 National Titles for the UW-La Crosse Eagle gymnasts. The gym is equipped with a spring floor, tumbl-trac, tumbl-trac single bar, overhead spotting rig for trampoline and vaulting, four elite balance beams, two LZT vaults, resi pit for vaulting, a resi and loose foam pit for tumbling and for training uneven bars. Additionally, we have a strap bar, a channel bar system, and trampoline.

## ACCOMMODATIONS

Overnight campers will reside in a campus residence hall. The residence hall has a secured entrance and the campers are monitored by the residence hall directors, assistants, and by our camp staff. Rooms are double occupancy only.

## COST INFORMATION

Resident: \$350

Commuter: \$325

The resident camp fee covers lodging, meals, educational materials, facility fees and a camp T-shirt and insurance. The commuter fee includes noon and evening meals, educational materials, a camp T-shirt, and insurance.



## CAMP SCHEDULE

### FRIDAY SCHEDULE

11-1 p.m.	Check-in
1-4:30 p.m.	Campers report to Wittich Hall for event evaluations and afternoon workout

5-6:30 p.m.	Dinner
6:30-8:30 p.m.	Evening workout
8:30-9:30 p.m.	Evening activity

### SATURDAY SCHEDULE

7:30 a.m.	Wake Up
7:45-8:30 a.m.	Breakfast
9-9:30 a.m.	Warm-ups
9:30-11:50 a.m.	Morning workout
12-1 p.m.	Lunch
1:30-4:30 p.m.	Clinic/Afternoon workout
4:30-6:30 p.m.	Free time/Dinner
6:30-8:30 p.m.	Evening workout
8:30-9:30 p.m.	Evening activity

### SUNDAY SCHEDULE

7:30 a.m.	Wake Up
7:45-8:30 a.m.	Breakfast
9-9:30 a.m.	Warm-ups
9:30-11:50 a.m.	Morning workout
12-1 p.m.	Lunch
1:30-3:30 p.m.	Clinic/Afternoon workout
3:30-4 p.m.	Camp Picture – All parents welcome to attend
4-5 p.m.	Return to residence hall to pack up campers' stuff

**Registration form:** Please print clearly

## SUMMER 2017 CAMP OF CHAMPS JUNE 23-25, 2017

We cannot process incomplete registrations. All information requested must be provided.

Participant's Full Name \_\_\_\_\_

Grade (fall of 2016): \_\_\_\_\_

Date of birth \_\_\_\_\_

T-Shirt Size: (circle one) YS YM YL YXL S M L XL

Level: (circle one) 1 2 3 4 5 6 7 8 9 10 Xcel High School

Parent's/Guardian Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Cell Phone \_\_\_\_\_

Work Phone \_\_\_\_\_

Email — necessary for confirmation and camp communication \_\_\_\_\_

Special needs for participant(s) \_\_\_\_\_

Amount Enclosed: \$ \_\_\_\_\_

Check enclosed, made payable to UW-La Crosse

**Detach completed form and send with payment to:**

Return form to: UW-La Crosse Athletic Camps & Clinics  
25A Mitchell Hall  
1725 State. St.  
La Crosse, WI 54601

**WAIVER:** Registration implies permission for photos, publicity and inclusion in a participant list unless camp director is notified in writing prior to camp. By signing this form I agree to hold harmless and indemnify UW-La Crosse, their officers, agents, and employees from any and all liability, loss, damages, costs, or expenses which are sustained, incurred, or required arising out of the actions of my dependent in the course of the camp. I authorize that any medical, surgical, diagnostic and hospital procedures may be performed by a physician on my dependent if I cannot be reached in the event of an emergency.

Parent's/Guardian Signature \_\_\_\_\_

Date \_\_\_\_\_

**REGISTER ONLINE FOR YOUR CONVENIENCE!**  
**Register online at: [www.uwlcamps.com](http://www.uwlcamps.com)**