

CAMP STAFF

KASEY CRAWFORD is in her eleventh year with the UWL Gymnastics program, eight years as the assistant coach and choreographer and third 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 fourth 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 2019 summer camp!

UW-LA CROSSE GYMNASTICS HIGH PERFORMANCE

Wednesday, June 19- Friday, June 21

Levels 9 & 10

Your 2015 & 2016 Division III National Champions!



Home of ...

17 Division III National Championships

24 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 — HIGH PERFORMANCE



Wednesday, June 19- Friday June 21

Levels 9 & 10

WWW.UWLCAMPS.COM

BUILDING CHAMPIONS.

In Sport. In School. In Life.

SUMMER 2019 HIGH PERFORMANCE

WEEKEND OVERNIGHT CAMP

The UW-LA CROSSE Eagle Gymnastics Camp is for female gymnasts ages 15 to 21. This camp allows you to have fun and experience the instruction that you need to improve your gymnastics. Our camp is a high performance camp designed for level 9 & 10 Gymnasts.

Gymnasts will have the opportunity to train our brand new facility in Cartwright Center. It is the largest Division III gymnastics facility in the WIAC and has outstanding equipment which meets NCAA standards. It is the home to 24 WIAC Conference Championships and 17 National Titles for Eagle gymnasts. The gym is equipped with a spring floor, tumbl-trac, tumbl-trac single bar, four elite balance beams, two LZT vaults, resi pit for all four events, 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

WEDNESDAY SCHEDULE

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

5-6:30 p.m.	Dinner
6:30-8:15 p.m.	Evening workout
8:30-9:30 p.m.	Evening activity

THURSDAY SCHEDULE

7:30 a.m.	Wake Up
7:45-8:30 a.m.	Breakfast
9-9:15 a.m.	Warm-ups
9:15-11:50 a.m.	Morning workout

12-2 p.m.	Lunch & Campus Tour
2-4:30 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

FRIDAY SCHEDULE

7:30 a.m.	Wake Up
7:45-8:30 a.m.	Breakfast
9-9:15 a.m.	Warm-ups
9:15 -11 a.m.	Morning workout
11-11:30 p.m.	Camp Picture – All parents welcome to attend
11:30-12 p.m.	Return to residence hall to pack up campers' stuff

Registration form: Please print clearly

SUMMER 2019 HIGH PERFORMANCE

JUNE 19-21, 2019

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

Participant's Full Name _____

Date of Birth: _____ Graduation Year: _____

T-Shirt Size: (circle one) S M L XL

Level: (circle one) 9 10

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

110 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