

CAMP STAFF

KASEY CRAWFORD is in her 12th year with the UWL Gymnastics program and 4th year as the head coach.

Kasey was selected as the National Collegiate Gymnastics West Region Assistant Coach of the Year three times (2016, 2013, 2012). Crawford has brought her team to a WIAC Championship in 2018, as well as two runner-up finishes at Nationals in 2017 and 2018.



ALI BERRY is in her 5th season as assistant coach for the UWL Gymnastics team. She coaches primarily vault and floor, coordinates all recruiting, and teaches in the Exercise Sport Science Department.

OTHER STAFF MEMBERS



SAM SCHERWINSKI is in his 3rd year coaching for the UWL Gymnastics team, where he primarily coaches vault and floor. He is a former male gymnast from Green Bay, WI.

ROBYN MAGEE she is in her 1st season with the program, she coaches beam, serves as the director of the Junior Eagles Gymnastics program, and also works in the Office of Multicultural Student Services.



UW-LA CROSSE GYMNASTICS High Performance Camp

Wednesday, June 24- Friday, June 26

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



Summer 2020
High Performance
Camp



Wednesday, June 24- Friday June 26

Levels 9 & 10

WWW.UWLCAMPS.COM

BUILDING CHAMPIONS.
In Sport. In School. In Life.

HIGH PERFORMANCE CAMP

WEEKEND OVERNIGHT CAMP

The UW-LA CROSSE Eagle Gymnastics Camp is for female gymnasts ages 15 to 20. 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: \$380

Commuter: \$325

The resident camp fee covers lodging (basic linens: sheets, blanket, pillow, pillowcase, towel and washcloth), 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
9-11 a.m. Morning workout
12-1 p.m. Camp Picture – All parents welcome to attend
1:30-3:30 p.m. Return to residence hall to pack up campers' stuff



Registration form: Please print clearly

SUMMER 2020 HIGH PERFORMANCE CAMP

June 24-26, 2020

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

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