



NORTHFIELD
GYMNASTICS CLUB

SEASON PREP GYM CAMP 2023

OVERVIEW

Welcome to Season Prep Camp, presented by Northfield Gymnastics Club! Come prepare for the upcoming gymnastics season, working with GREAT coaches, judges & clinicians in this 2 ½ day camp!

GENERAL INFORMATION

Season Prep Gym Camp, presented by Northfield Gymnastics Club is geared toward those optional level club & high school gymnastics athletes getting ready for the season ahead! Our goal is to work with each individual athlete on skills, combinations and routines as well as provide ample opportunity for each gymnast to showcase their skills and receive feedback from the judges at camp. Our coaches are versed in the rules for MSHSL, USAG, NGA and MAGA associations and we invite judges from all associations as well. Our clinicians at camp feature nutritionists, conditioning coaches and mindset clinicians to help your athlete start their season off right!

Registration is limited to a maximum of 60 campers. We limit availability to ensure all gymnasts are provided ample turns to showcase their skills and work with our coaches, judges and clinicians.

WHAT TO BRING

Appropriate Gymnastics Attire — Leotards must be worn during training sessions. Shorts are acceptable over leotards, however tanks can be a safety risk while athlete is being spotted.

Grips / Tiger Paws

Water Bottle

Enthusiasm, Excitement, Energy and Coachability

Lunch & Snacks each day

FACILITY

Northfield Gymnastics Club | 601 Professional Drive | Northfield, MN 55057

Northfield Gymnastics Club is a fully air conditioned, practice gym.

Gymnastics equipment includes:

Vault: 2 Vaults — One into loose foam pit

Bars: Three full sets, Adjustable strap bar and a single rail into loose foam

Beam: Six high beams, eight low beams, plus pads, highway beams and block stacks

Floor: two full 42 x 42 foot floors, one into resi landing and the other into loose foam, tumble tracks, two in-ground trampoline.