

**Residence Housing:** Campers will be provided with housing, transportation and meals by a Parkette Family. Please state on the application form if your child wishes to be housed with a particular gymnast or family. Choices are not guaranteed, however, we will do our best to accommodate you. Notification will be forwarded to you by mail or email.

**Commuters:** For those campers living within commuting distance housing will not be provided.

Campers must be covered by their own medical insurance. Coaches bringing 6 or more gymnasts attend free. The Parkette camp provides excellent experience for coaches of all levels increasing technical knowledge, coaching strategies, and hands on spotting. Lectures specific for coaches will be held throughout the week. Call 610-433-0011 for more information!

*Further information to follow (directions, camp rules & regulations)*



*Where Olympic Dreams Come True*

# 2017 PARKETTES GYMNASTICS CAMP APPLICATION

401 MARTIN LUTHER KING JR DRIVE  
ALLENTOWN, PA 18102

Phone: 610-433-0011 • Fax: 610-433-8948  
www.parkettes.com

E-mail: parkets@aol.com

***You can now pay online with Paypal!***

Camper's Name: \_\_\_\_\_

Street Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone Number: (    ) \_\_\_\_\_

Email Address: \_\_\_\_\_

Birthdate: \_\_\_\_\_ Age: \_\_\_\_\_

Please Circle: Resident (Housing Provided)  
Commuter (No Housing Provided)

July 2 - July 6, 2017 • July 9 - July 13, 2017 • July 16 - July 19, 2017\*  
(\*6 or more gymnasts call John Holman)

<b>FEES:</b> Resident - one session.....	\$600.00
two sessions.....	\$1,150.00
Commuter - one session.....	\$525.00
two sessions.....	\$1,000.00

Please circle above week(s) attending. If weekend housing is needed, please contact Parkettes. Special arrangements can be made for those gymnasts interested in training with the Parkettes for the summer or additional weeks.

Desired Roommate: \_\_\_\_\_

Desired Residence: \_\_\_\_\_

A \$150.00 non-refundable deposit for each week must accompany this application. The balance of the camp fee is to be paid in full on or before June 1, 2017. Checks to be made payable to: Parkettes. Personal checks will only be accepted until May 31, 2017. After May 31, 2017, you must call in a credit card payment or submit a money order. There will be a \$20.00 service charge for each returned check.

*SPECIAL BONUS OFFER: Pay in full on or before April 16, 2017 and receive \$25.00 off.  
Pay in full for two weeks by April 16, 2017 and receive \$50.00 off.*

Parent or Guardian Signature

Date

**To Secure Your 1st Choice We Advise Applications Be Returned By May 1, 2017**

Directions and further information will be sent upon receipt of application.

\*\*This Application Can Be Photo Copied\*\*

# PARKETTE CAMP... *a great experience!*

## **July 2 - July 6 and July 9 - July 13:**

Each camp session will be held from Sunday 2:30 PM thru Thursday 9:00 PM.

Registration is Sunday 2:30-3:00 PM.

3:00 PM-5:00 PM Skills Testing & Four Event Rotations

- Mon. thru Thurs. 6 hours of training per day
- Tues. evening 2 hours open gym workout
- Thurs. evening 1 hour open gym workout
- 7:00 PM camp show (parents, family and friends are encouraged to attend)

**July 16 - July 19\*** (Sun. thru Wed.) Team Week \$450.00 - each team required to have 6 or more gymnasts (Coach comes free) please contact John Holman (610) 433-0011. Come train with the best Bill & Donna Strauss, Robin Netwall, John Holman, and Joe Stallone, who have received the Master of Sports recognition from USA Gymnastics will be available to answer any specific questions you may have.

**\* \*Home of Parkettes Elizabeth Price, Olympic Alternate and Three-Time World Cup Champion.**

Daily lectures will include:

- Technique sessions on all events
- Flexibility and strength training specifically for gymnasts
- The importance of nutrition and sleep for a gymnasts success

