

**1st – 4th grade students
are welcome!** ('19-'20)

--Gymnastics Camp--

Name: _____

Grade: _____ ('19-'20')

LCS Student Yes No

If No, name of student who will sponsor
you: _____

Parent/Guardian Name:

Home Phone: () _____

Cell Phone: () _____

**\$40 per LCS child
(\$50 for non-LCS students)**

*Please make checks payable to
LANSING CHRISTIAN SCHOOL

Please turn form and payment into
the LCS office by Friday, May 24.



A little about Coach Groen

I am currently a kindergarten teacher at Lansing Christian School. I have a passion for kids and for teaching. I coached gymnastics for four years during college and have received my USA Gymnastics Certification. I taught recreation classes (Levels 1-2) and the USA Excel Gymnastics Team (Levels 3-7) in Sioux Center, IA. My favorite apparatuses are beam and floor.

**Looking forward to
seeing you at camp! 😊**

Gymnastics Camp

Lansing Christian School



Coach Alexa Groen

June 10-14

1:00-2:30pm

Each child will be introduced to basic gymnastics skills:

- Stretches
- Forward Rolls
- Backward Rolls
- Bridges
- Cartwheels
- Handstands
- Round-offs
- Balance Beam Walks
- Jumps
- More difficult skills will be introduced as needed

All gymnasts will also learn and perform a short floor routine at the end of the week.

What do you need to know?

Absolutely nothing! Whether your child has taken gymnastics before or whether they just want to try it for a week, we would love to work with them!

How should your child dress?

- Short sleeve shirt
- Shorts or athletic pants
- Gym shoes
- Hair in a pony-tail



LIABILITY WAIVER

Students will not be allowed to participate without parent signature below.

Since Lansing Christian School does not provide insurance for the students attending the Summer Sports Camps, parents of all children attending are asked to sign the following release:

I hereby release, discharge and forever hold harmless Lansing Christian School and the Summer Sports Camp directors from any and all actions, and unforeseen, unanticipated, and unsuspected risks and/or injuries which may be sustained by participation in Lansing Christian Summer Sports Camps.

(Parent Signature)