



Finding the right gymnastics camp for your child is important. After all, your child will be attending the camp to learn new skills, have fun, try new things and create memories that will last a lifetime.

The first place to begin your task of choosing the right gymnastics camp is to gather as much information as possible about the camps you are considering.

How long has the camp been in business and what is its reputation? It always helps if you know someone who has attended the camps. Previous campers and their families provide a first-hand view of the camp and can answer many of your questions. Also, many times your child's gymnastics coach will be knowledgeable about the different camps and can serve as a great source of information.

What are the staff's qualifications? It's important to know who will be caring for and coaching your child. Starting from the top, what are the director's qualifications and is he/she respected in the gymnastics community? What is the instructor's caliber of coaching? Do the camps have any Olympic, international, national and/or collegiate coaches on staff? Does the camp staff go through any training in spotting or teaching of the latest gymnastics techniques? Is the camp staff USA Gymnastics Safety Certified?

What is the cost and what are you getting for your money? A sample camp schedule can usually be provided by the camp in which you are interested. The schedule should give you a good idea of what your child will be doing throughout the week. Look to see how many hours of gymnastics instruction is offered, and if it is optional or mandatory. Are the facilities top-notch? What is the instructor-to-gymnast ratio? Does the camp have campers set weekly skill goals and evaluate their progress? Furthermore, what type of activities are provided for your child when he/she is not working out and do those activities cost extra?

What type of supervision will my child be getting? Find out what amount of interaction your child will have with his/her camp counselor. Will the counselor be living in the cabin with your child and staying throughout the night? Will the counselor eat meals with your child? How accessible will the counselor be if your child has a question or gets homesick?

Most importantly, what type of medical staff exists at the camp? Are there doctors, nurses and/or athletic trainers?

Finally, most camps offer camp tours. This is an excellent way of previewing your choices and provides a great opportunity to meet and ask the staff a variety of questions while inspecting the facilities. Parents should not only check out the gyms, but also inspect the cabins, cafeteria and recreational facilities.

Summer gymnastics camp is a great way for children to improve their gymnastics while making new friends and experiencing a variety of new and fun activities.

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