

## ENTERTAINMENT

We have discovered over the last few years that when you put 80 very competitive young people together and give them a goal, which in this case is the 'skits night' competition, the entertainment looks after itself. Practicing for the Skits party has become very competitive (we like competition, we think it brings out the best in people) with regular campers arriving with new ideas every year. However Cirque du Soleil videos and the latest world gymnastics events are also on view nightly.

## ACCOMMODATION

The accommodation comprises beds and bedding for more than 60 people. The girls sleep in the downstairs Dormitory or the Dance Studio, and the boys sleep in the "Den". There is separate sleeping accommodation also for Staff and visiting Coaches. In addition to our current facilities a brand new toilet block with showers has been built for the convenience of our Campers and Air Conditioning Units have been installed in the Dormitories.

This year we plan to have a Junior and Senior Dormitory for the girls to help with the different bed times. Should a younger child prefer to be with the older children please request this in writing and we will do our best to oblige.

Your children can be assured of a true Rushmoor welcome and a caring environment in the course of their stay with us.

## CATERING

Some years ago, the club invested £14,000 in a state of the art industrial kitchen that enables us to provide meals on site that are served in our Cafeteria. Extensive improvements have also been made to the shower and toilet facilities.

At Camp, our aim is to provide good quality food that is enjoyable to eat. Food is prepared on site by our Chefs PHIL & PAULINE PALFREYMAN and served buffet style in the Olympic Restaurant. Menus consist of a variety of options designed to suit the requirements of Gymnastics Training. The meals are made from fresh ingredients which are bought locally. Whilst acknowledging different tastes, the menus offer nutritionally sound balanced meals with sufficient choice to enable gymnasts to select a healthy combination from food they like to eat.

A light breakfast of fruit juice, cereal and toast is complemented by a typical lunch of home-made soup, cooked meats and salad. In the evening a substantial hot dinner will offer a choice of cooked meat dishes with rice or potato or pasta and vegetables. In house catering enables us to prepare meals for those on special diets, given advance information, take advantage of seasonal produce and remain flexible to meet the challenge of the changing climate.

Please note that we do not serve fried foods or junk food at any time!

We feel sure that you will find dining at Camp a pleasurable experience. **WEDNESDAY is PINK DAY so do make sure you bring something pink to wear! YES...THAT'S FOR THE BOYS TOO!**

**The popular Barbecue will continue on Thursday evening with of course**

**THE FAMOUS SKITS NIGHT AND EVERYBODY'S BIRTHDAY PARTY.**

## HOUSE MOTHER

Beryl Foster has been a favourite 'Camper' for many years, a stalwart of the camp team who will be on site to cater for any of your needs. A former nurse with many years of coaching experience and also teaching and tutoring Gymnastics and Movement for people with a Disability. Beryl was involved in the development of G.M.P.D. and General Gymnastics for British Gymnastics.

## DATES

Arrive Sunday 1st April between 4-5pm.

Depart Friday 6<sup>th</sup> April 4-00 pm.

## COST

### RESIDENTIAL

1 gymnast £295

1 coach £250

There are preferential group rates on application.

Although the course is designed as a high level training camp, do not be put off by the fact that you are not a Top Class Gymnast. All YOU need is the desire to succeed and a good deal of commitment.

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## EASTER CAMP 2018 RUSHMOOR GYMNASTICS ACADEMY



THE FORMER CAMBERLEY GYMNASTICS CLUB HAS A LONG AND ILLUSTRIOUS HISTORY OF TOP CLASS GYMNASTICS HAVING PRODUCED MANY INTERNATIONAL COMPETITORS INCLUDING 2 BRITISH TEAM CAPTAINS AND REPRESENTATIVES AT JUNIOR AND SENIOR EUROPEAN CHAMPIONSHIPS, WORLDS SCHOOL GAMES, WORLD STUDENT GAMES, WORLD CHAMPIONSHIPS AND OLYMPIC GAMES.

FOR THIRTY-FOUR YEARS GYMNASTS HAVE BEEN COMING TO OUR CAMPS TO WORK IN A HAPPY AND STIMULATING LEARNING ENVIRONMENT. OUR SEVENTEENTH EASTER CAMP PROMISES TO BE ONE OF OUR MOST SUCCESSFUL EVER.



## THE FACILITY

The Gymnastics Centre, Aldershot is a state of the art fully equipped facility, with 24,000 sq. feet of space to train, and the added attraction of the Aldershot Lido which is in its back garden. Every modern training aid is available, including Foam and U-Shaped Pits and two full size Competition Floor Areas. The facility is equipped to International specification throughout. Every year the RGA hosts Britain's foremost Invitational, 'The Rushmoor Rose Bowl' the winner in 2007 was no other than 2010 World Champion Aliya Mustafina. Claudia Fragapane Commonwealth Games Champion 2014 who won our event in 2013 is the only girl to ever win both the Junior and Senior titles! The facility has also been used extensively by British Gymnastics to host major National and International events. In recent years we have been used for Training Camps by the England Squad the Australian Men's Squad and Clubs from South Africa, Switzerland, Belgium and France. The Australian, South African and Bermudan National Teams have also been resident at the time of our International Competition as well as Club Teams from Russia, Bulgaria and Canada.

### The facility boasts:

- Competition and Pit Vault plus
- 6 Bar stations including 1 over the Pit and 1 with spotting rigs.
- 9 Beams plus Training Beams.
- 30 metre Carbon Fibre Tumbling Track into the Pit.
- 1 sunken Goliath Pit Trampoline.
- 2 Full Floor Areas.
- 2 Full sets of men's equipment plus numerous training aids.
- 1 Air Track

## COACHING STAFF



**COLIN & BERNIE WRIGHT** International Performance Coaches, honoured by British Gymnastics in 1994 when each were presented with the award of Master Coach of Great Britain by Yuri Titov President of the FIG for their continuous record of achievement over 20 years of coaching. Both have represented Great Britain on numerous occasions. Colin and Bernie will do their utmost to ensure that YOU will benefit directly from the wealth of experience available at Camp.

**VICKI KERR** retired at the 2010 Rose Bowl after 21 years of Competition. A former England Team Gymnast, Vicki is now working at the RGA and passing on her love and enthusiasm for the sport to our members.

**KEITH HARDY** is a former British National Coach, Executive Board Member, Regional coach for the North West of England and a Master Coach of Great Britain. He was coach to British Champion, Mandy Gornall. Keith's friendly approach coupled with his vast knowledge of the Sport will always be appreciated.

**VICTORIA BOULD** grew up in a gym, training as a tumbler then competing at three World Championships and winning three European Championships in Cheerleading. Victoria has recently coached her own cheerleading team to the World Championships. We are excited that she is joining us once again and we can only hope that she brings "Pink day" back year after year.

### CLAIRE WRIGHT

Eight times British Champion, Beijing Olympian, holder of more than 50 World and European Medals and Trophies including 3 World Cup Golds is returning to the RGA after 9 years with the World famous Cirque du Soleil. Having been in the gym since birth, Claire is looking forward to coaching on Camp and offering her skills in Choreography and Rebound to the Campers.

**PLUS, PLUS, PLUS**, a strong and enthusiastic support staff of well qualified and experienced coaches who will ensure that your 'Camp Experience' will match that of many who return to us year after year.