



## 2023 Summer Training Camp Information

The Summer Camp for ALL competitive and recreational athletes is scheduled for August 21-25 and August 28-31, 2023, at Max Bell Centre, University of Manitoba

Cost and training times are as follows:

- 5:00 - 8:30 pm for athletes in all Provincial Stream levels

Fees:

any 5 days - \$210.00  
full time - \$365.00

During the summer training camp, we will focus on building athletes' endurance, strength, flexibility, coordination, apparatus technique, ballet technique, body technique and new choreographies based on coaches' decisions, to ensure athletes are prepared for the 2023-2024 season.

We encourage all our competitive stream athletes to participate in the Summer Training Camp, as this is an important part of their preparation for the upcoming year.



To register complete the form and  
email to:

[rhythmicroyalsmb@gmail.com](mailto:rhythmicroyalsmb@gmail.com)

### Summer Camp Registration

Gymnast's full name: \_\_\_\_\_

Competitive Level and/or age: \_\_\_\_\_

Parent/Guardian's full name: \_\_\_\_\_

Parent/Guardian phone: \_\_\_\_\_ Email: \_\_\_\_\_

Summer camp (check with **(X)** all that apply):

Option 1 (**full time**) \_\_\_\_\_ (\$365)

Option 2 (**any 5 days** during camp) \_\_\_\_\_ (\$210)

Payment can be done by e-transfer or cheque payable to Rhythmic Royals.

E-transfer to: [tchonkova@gmail.com](mailto:tchonkova@gmail.com) Password – Royals

In the memo, please write the name of athlete and Fees for training camp

Deadline for registration and payment: June 30<sup>th</sup>, 2023

Late registration may be accepted based on availability