

**PDA/USA SHOOT FOR THE STARS 2009 Gymnastics Camp  
REGISTRATION FORM**

Sign up early! Limited spaces available!

\_\_\_\_\_  
Gymnast name Date of birth

\_\_\_\_\_  
Parent/Guardian name

\_\_\_\_\_  
Home phone Cell phone

\_\_\_\_\_  
Email address



**2-WEEK CAMP\***

- 2-Week Camp (7/6 - 7/17) ..... \$450.00
- Before OR After (circle one) care..... \$120.00
- Before AND After care ..... \$240.00

**1-WEEK CAMP**

- 1-Week Camp (7/6 - 7/10) ..... \$250.00
- Before OR After (circle one) care..... \$75.00
- Before AND After care ..... \$120.00

\$225.00 non-refundable deposit for 2-Week Camp or  
\$125.00 non-refundable deposit for 1-Week Camp  
Due upon registration.

**Payment in full due by July 1, 2009**

- Attached is my check for the total amount.  
OR
- Please charge my credit card:

\_\_\_\_\_  
Card # Exp. date

\_\_\_\_\_  
Signature

\* PDA Academy and Team members who register for  
2-Week Camp will receive 10% off July tuition.

**PDA/USA  
SHOOT FOR THE STARS  
2009 Gymnastics Camp**

For ages 5 years and up. No gymnastics  
experience needed. Gymnasts will be  
evaluated on the first day of camp and  
placed in the proper level.

Week Days 9:00 a.m. – 3:00 p.m.

**1-WEEK CAMP (5 days)**  
July 6 – July 10, 2009

**2-WEEK CAMP (10 days)**  
July 6 – July 17, 2009

Gymnasts who complete the 2-week  
camp will have a final performance on  
Friday, July 17<sup>th</sup> followed by a party with  
coaches and families.

1-Week Camp - \$250.00  
2-Week Camp - \$450.00

**Early Registration begins May 1<sup>st</sup>.**  
**Students registering in May for the 2-week camp  
will receive a 10% discount when  
paid in full upon registration.**

**Open Registration begins June 1<sup>st</sup>**  
**for remaining spots**

**EXTENDED CARE AVAILABLE**

Before care is 8:00 a.m. – 9:00 a.m.  
After care is 3:00 p.m. – 6:00 p.m.

1-Week Before OR After care - \$75  
2-Week Before OR After care - \$120.

1-Week Before AND After care - \$150  
2-Week Before AND After care - \$240

PDA Team members may remain at the gym between  
camp and workout without paying additional  
after-care fee.

**PDA USA  
GYMNASTICS ACADEMY  
presents**

Shoot ★  
for the STARS  
★

**2009  
Gymnastics Camp**

**PDA Sports Training Center**  
15064 Shoemaker Avenue  
Santa Fe Springs, CA 90670  
562.229.1927 – phone  
562.229.9585 – fax  
www.pdausa.net

## PDA USA

### Shoot for the STARS 2009 Gymnastics Camp

**MONDAY-FRIDAY** – sample schedule  
(Events rotate daily)

9:00-9:40	Warm-up exercises
9:45-10:45	Level 1 – Floor Level 2/3 – Bars Level 4/5/6 – Vault
12:00-1:00	Lunch & Relaxation
1:00 – 1:30	Flexibility training Press handstands
1:30 – 2:30	Level 1 – Bars Level 2/3 – Beam Level 4/5/6 – Floor
2:30 – 3:00	Conditioning training

**FRIDAYS**  
1:00-3:00 Swimming at CPE  
Bring swimsuits and towels

Gymnasts should bring a sack lunch daily.

A variety of snacks and drinks are available for purchase at the ON DECK Café.

### “Shoot for the Stars” Coaches

PDA USA’s “Shoot for the Stars” Gym Camp is directed by China’s 2002 World Champion and 2004 Olympian, Liu Wei. Coach Liu Wei brings not only her considerable experience, but also her youthful energy and great choreographic skills to the camp.



Coach Wu brings enthusiasm and experience to the camp. Coach Wu has coached eight Olympic games and is currently one of PDA Gymnastic’s Team coaches.



### **End of Camp Show** **Friday, July 17<sup>th</sup>**

All 2-week campers will take part in PDA’s “Shoot for the Stars” show. PDA Campers will work hard during the 2 weeks to provide an exciting show for friends and family members, displaying many of the skills they have learned. This show is a must see! Following the performance, campers will celebrate their accomplishments with their coaches, family and friends.

