

KEY CITY GYMNASTICS CLUB

Competitive Summer Training

Summer training is the perfect time to work on new skills!

All competitive athletes have mandatory summer training requirements as outlined below, and of course, all athletes are welcome and encouraged to train as much as they want. Fees for the mandatory summer training are included in the fee schedule set up at the beginning of the season. Any extra training will be billed as per regular season fees.

We understand that there will be extraordinary cases where summer training at Key City is not possible.

Providing written proof that your child has trained elsewhere may be sufficient to meet summer attendance requirements (please note that required yearly Key City program fees are still applicable).

Please contact Garry Ricks at headcoach@keycitygym.ca to discuss this option prior to the beginning of summer training.

MANDATORY SUMMER TRAINING REQUIREMENTS

Super Stars	2 weeks
Interclub	2 weeks
Performance Plus	2 weeks
High School Girls	2 weeks
Provincial Boys	4 weeks
Junior Olympic 1-4	4 weeks
Junior Olympic 5-9	6 weeks

*1 week = number of hours your athlete trains in a week during the regular season

TRAINING SCHEDULE

Super Stars	3:30-5:30
Interclub	3:30-5:30
Performance Plus	3:30-6:00
High School Girls	3:30-5:00 or 3:30-5:30
Provincial Boys	3:30-6:30
Junior Olympic 1-4	3:30-7:30
Junior Olympic 5-9	3:30-7:30

No Competitive Classes	June 25-29
Week 1	July 3-6
Week 2	July 9-12
Week 3 – Zone 1 Camp*	July 16-20
Week 4	July 23-26
Week 5	July 30-August 2
Week 6	August 7-10
Week 7	August 13-16
Week 8	August 20-23
Week 9	August 27-30

*zone camp only counts as 1 week of summer training regardless of how many hours your athlete trains that week

SUMMER GOAL SETTING

July 4 - 2:30-3:30

Open to all competitive athletes at no cost.

MENTAL TRAINING

July 11 & 25 and August 8 & 22 - 2:30-3:30

Open to all competitive athletes at no cost.

TEAM BUILDING ACTIVITIES

Watch for more information!

Please return the form below to the office by Friday, June 29. We understand that not everyone will have their summer plans finalized by this date so if you need to make changes or additions to this information after June 29 please contact Melanee at programming@keycitygym.ca.

Please note that any changes must be made by Thursday @ 5:00pm prior to the week of camp.

Thank you!

Athlete Name _____

Athlete Level _____

of Weeks Required Summer Training _____

	DATES	WILL ATTEND	WILL NOT ATTEND
Week 1	July 3-6		
Summer Goal Setting	July 4		
Week 2	July 9-12		
Mental Training	July 11		
Week 3 – Zone 1 Camp	July 16-20		
Week 4	July 23-26		
Mental Training	July 25		
Week 5	July 30-August 2		
Week 6	August 7-10		
Mental Training	August 8		
Week 7	August 13-16		
Week 8	August 20-23		
Mental Training	August 22		
Week 9	August 27-30		