**Sports Camp on BSD No-School Day!**

**Gymnastics Camp**: **Beginner & experienced boys & girls are all welcome!**

Friday, October 14th, 9:00 a.m.-Noon (NO SCHOOL THIS FRIDAY)

**Who:** Girls and boys grades K-6 who are interested in gymnastics! Groups will be divided by age and skill level.

**What:** Instruction on gymnastics events (vault, bars, beam, floor) plus conditioning and fun activities.

**Where:** Newport High School (4333 Factoria Blvd SE Bellevue, WA) in the Outside Gym

**When:** Friday, October 14th (9:00 a.m.-Noon). Earliest drop off starts at 8:45 a.m.

**Cost:** $55, $10 discount for siblings who register\*

**Staff:** Melissa Baker, head coach with 10 years experience

**Questions:** Contact Melissa Baker at bakerm@bsd405.org

**Sample Schedule:**

9:00 a.m.-9:20 a.m. Dynamic Stretching, 9:20-9:50 a.m. Rotation #1 (Example: Spring board drills, jumping drills on vault, vaulting for more advanced athletes), 9:50-10:20 a.m. Rotation #2 (Example: Bars), 10:20-10:30 a.m. BREAK for snack (please bring your own snack and water bottle each day), 10:30-11:00 a.m. Group game!, 11:00-11:30 a.m. Rotation #3 (Example: Balance Beam), 11:30-12:00 p.m. Rotation #4 (Example: Floor exercise)

**Sign up now! Space is limited for the safety of your athlete!**

**To register, visit** [**www.newportgymnastics.wordpress.com**](http://www.newportgymnastics.wordpress.com)**.**

The Bellevue School District does not sponsor nor endorse this event and/or information, nor does the district assume responsibility for it. In consideration of the privilege to distribute materials, the Bellevue School District will be held harmless from any cause of action filed in any court or administrative tribunal arising out of the distribution of these materials, including costs, attorney’s fees and judgments or awards.

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