Dear Parents,

We are very excited that you have registered your daughter for our 32nd year of JCC Gems Gymnastics Camp. We have been busy planning, and we know this will be our best year yet!

We have many returning counselors as well as a few new ones. We are proud of our staff and know they will all work hard to provide a great summer of gymnastics and fun in a warm and nurturing environment.

Once again, our days will be filled with learning new skills and improving others, Specials (where the girls can pick an elective to pursue weekly in the afternoons), Maccabi games, working on the Parent shows, and swimming. Most importantly, our days will be filled with friends, fun and ruach.

Campers will spend the mornings rotating through the different gymnastics events in age and skill-appropriate groupings, and all campers will come together for afternoon activities.

Carpool will begin at 8:45, and so will the activities in the gymnastics gym. Please make every attempt to be at camp before 9:00 as that is when our day officially begins. At that time, we do group stretching, and we like everyone to start together.

Please refer to the next page for information on what to wear, what to bring, and what our typical day is like. In addition, please make sure you have completed all paperwork so that we can place your daughter appropriately and provide the best summer possible. This includes medical forms, carpool forms, etc. Further, the information you provide will enable our counselors to better relate to the campers - both individually and in the group. Please keep in mind that we cannot guarantee placement with a certain counselor or friend. Your attention to this matter is greatly appreciated and will help us to ensure a great experience for your daughter.

Camp is a lot of fun, and JCC Gymnastics Camp is the best! We look forward to a wonderful summer filled with a lot of great experiences. If there is anything you need, please do not hesitate to contact us. You can reach us at the following:

Gymnastics Office: 214-239-7190 or jccgymcamp@jccdallas.org

Our full-time staff check the gymnastics camp email address. Anything camp-related should be sent to this address for the fastest response.

Prior to camp, both phone & email are answered regularly. During the camp day, phone messages are checked a couple times throughout the day and should be used for general questions and not immediate responses.

➢ Refer to our guidebook for new procedures regarding carpool changes and late drop off/early pick up. For gymnastics camp early pick-ups, we ask that you pick up by 2:15 pm or come during regular camp carpool.

For immediate phone assistance:
Camp Central: 214-239-7166 or Sports & Fitness Admin: 214-239-7147

JCC GEMS GYMNASICS CAMP.....your place to shine!

Amy Postel Gymnastics Camp Director
GYMNASTICS CAMP
Everything you need to know

What to wear:
- Leotard or one-piece swimsuit
- Shorts (optional) - no buttons or hard, decorative items
- Hair securely off face (for safety reasons)

What not to wear:
- Leotard with skirt attached
- Dance skirts or tights
- Two-piece swim suits for gymnastics (fine for swimming)
- Shorts with buttons or other hard, decorative items
- Jewelry
- Fit-bits
- Sunscreen (will be applied before swimming)
- Bows, hard headbands

What to bring:
- Lunch - Nut free and Kosher style
- Bathing suit and towel for swimming
- Sunscreen

What not to bring:
- Cell phones
- Electronics

PLEASE REMEMBER TO LABEL EVERYTHING

A typical day in gymnastics camp is packed with fun! We spend the mornings rotating through the different gymnastics events. Some of the younger groups will also spend time on arts and crafts or other fun activities. After lunch, we spend the afternoon specializing in an area of interest, doing activities & games with our Maccabi teams, and swimming. In addition, we work on our End-of-Session Parent Show that you won’t want to miss. Lots of ruach and friendships round out the day make for a summer filled with fun and learning!

Gymnastics rotations may include: Stretching, Floor, Bars, Beam, Vault, Conditioning, Dance, Tumble Trak.

Specials may include: Tumbling, Bars, Cheer, Arts & Crafts, Games, Dance, etc.