



Forward Progress NORTH Camp

Gym-Kinetics Gymnastics

19220 Ridge Road

Mokena, Il. 60448

708-479-6969

November 3-5, 2006

ACCOMMODATIONS

COMFORT SUITES-\$110.00
18400 SPRING CREEK DRIVE
TINLEY PARK IL
708-342-1425

FAIRFIELD INN-\$100.00
18511 N CREEK DR
TINLEY PARK IL
708-633-1050

HAMPTON INN-\$95.00
18501 N CREEK DR
TINLEY PARK IL
708-633-0602

SUPER 8 MOTEL-\$85.00
9485 W 191ST
MOKENA IL
708-479-7808

HOLIDAY INN SELECT-\$160.00
18501 HARLEM AVE
TINLEY PARK IL
708-444-1100

HILTON GARDEN INN TINLEY PARK-\$120.00
18335 LAGRANGE RD
TINLEY PARK IL
708-429-2266

Camp registration

DEADLINE DATE October 13, 2006

CAMP HOURS

FRIDAY November 3rd
CHECK IN 11:25-11:58
DO NOT COME LATE
WARMUP 12:00-12:13
STRETCH 12:14-12:28
COACHES MEETING
INTRO 12:29-12:35
1ST 12:37-1:28
2ND 1:30-2:19
3RD 2:21-3:10
4TH 3:12-4:01
BREAK 4:03-4:31
QUICK 4:32-4:40
STRETCH AT YOUR 5TH EVENT
5TH 4:40-5:29
6TH 5:31-6:19
7TH 6:21-7:10
COOL 7:11-7:30
DOWN COACHES RULES

CAMP HOURS

SATURDAY November 4th
DO NOT COME LATE
WARMUP 1:00-1:13
STRETCH 1:14-1:28
1ST 1:30-2:19
2ND 2:21-3:10
3RD 3:12-4:01
4TH 4:03-4:52
BREAK 4:53-5:28
QUICK 5:30-5:38
STRETCH AT YOUR 5TH EVENT
5TH 5:40-6:29
6TH 6:31-7:20
7TH 7:22-8:11
COOL 8:12-8:30
DOWN COACHES RULES

Camp HOURS

Sunday November 5th
DO NOT COME LATE
Warmup 8:15-8:31
Stretch 8:32-8:43
1st 8:45- 9:25
2nd 9:27-10:07
3rd 10:09-10:49
4th 10:52-11:32
5th 11:32-12:12
CAMP over 12:13 -----
WRAP-UP CLEAN UP
CAMP PICTURE

17

*Making sure the streak
never ends.....*