



*Join us for a fabulous camp experience this summer!*

July 19 - 21, 2019

Pricing: \$255

Registration is available on the Event page at [www.powerandgrace.com](http://www.powerandgrace.com)

### Training Schedule

Friday: 1:00-6:00 - Snack provided

Saturday: 9:00 - 3:00 pm - Breakfast, Lunch, and an evening activity provided

Sunday: 9:00 to 3:00 - Breakfast and Lunch provided

## Our Facility

- ★ Multiple Loose foam training pits
- ★ 9 full length beams (high & low)
- ★ Video playback to watch yourself and learn
  - ★ 4 full sets of bars plus
    - ★ Strap bar
    - ★ Pit bar
    - ★ Channel Bar
- ★ 40 foot Tumble Tramp and in-ground tramps
  - ★ 2 full sized floors

### Our Staff

- ❖ Dennis Champoux: Camp Director, Owner and Head Coach of Power & Grace
  - ❖ Sith Hansana: Head Coach, Perham, MN
- ❖ James Bayer: Head Coach & owner Flyaways Gold Gymnastics; Forest Lake, MN
  - ❖ Travis Cherrier : Head Coach, TNT Gymnastics, Fargo, ND
  - ❖ Kevin Knapp: Asst coach at Roosevelt HS; Power & Grace Staff
  - ❖ PLUS many other regional coaches and Power & Grace Staff

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Campers must be 7 years old or have competed this past season. Pricing does NOT include housing.