

**~ LOCATION ~**

The retreat is located in the beautiful mountains of West Virginia.

**~ EQUIPMENT ~**

For training purposes we have one set of bars, one competitive balance beam, one 40' tumbling floor, one 40 foot Air Trak, one vault and one trampoline. We also have regular and bungee belt systems for tumbling and trampoline.

**~ RECREATION ~**

Swimming in our beautiful, mountain view, in ground pool with Jacuzzi, volleyball, table tennis, basketball, games, treasure hunt and fun times around the campfire.

**~ ACCOMMODATIONS ~**

The main lodge has four bedrooms for campers. Campers will be grouped by age with up to eight campers per bedroom if necessary. (Boys and girls are separated.)

**~ FOOD ~**

All meals are healthy and wholesome, prepared by camp director, Jarka Novakova. Nutritious snacks will also be provided throughout the day. Campers are not allowed to bring their own food. There are NO vending machines therefore, campers do not need to bring any money.

**~ Our Staff ~**

**DIRECTOR:** Jarka Novakova

Camp coaches will be current Novaks' staff members whom Novaks' students are familiar with. Inquire in the office for information on which staff member will be coaching for your week of camp.

**NOVAKS' FAMILY PETS** ~ Novaks' has two family dogs, Lady (Golden Retriever) & Lucky (black "Royal Mutt") who reside on the premises, making campers feel right at home!

Our e-mail address is: novaksoffice92@aol.com  
If you would like to send mail, the address is:  
Novaks' Gymnastic Center, Inc.  
Gymnastics School  
17535 Old Stage Coach Rd.  
Dumfries, VA 22026  
**703-221-5833**



# 2011



***Grass Mountain Retreat***

Home of  
**Novaks'**

**Gymnastic Center, Inc.**

SUMMER CAMP

Specializing in  
Gymnastics, Tumbling & Trampoline

**~ OUR PHILOSOPHY ~**

Is to provide children with a safe, fun-filled progressive learning experience through the sports of gymnastics, tumbling and sports acrobatics. Participation in these sports not only improves a child's physical well being, but also helps establish new levels of self esteem and confidence as they achieve their goals. Children will also improve social skills as they learn to work together in skill circuits. Students will be taught skills in a progressive manner with skill mastery being the ultimate goal. Every child is challenged to achieve their goal(s).

**~ WHY WE DEVELOPED A SUMMER CAMP ~**

It is very exciting for us to share the experience of building a summer retreat for children involved in the sports of gymnastics, trampoline, tumbling and sports acrobatics. Over the twenty years we have worked with children in these sports, we had a vision to create a different kind of program. Children involved in these sports spend all year in an enclosed gym. Our vision is for them to break away from the daily regimen they must endure to be successful in their sport. With the program we have developed, children will train hard, have fun and enjoy their workout at the same time.

**~ BENEFITS ~**

A week of camp will provide your athlete with the specialized attention needed for acquiring the knowledge and motivation to increase strength, flexibility and skills needed for advancement. The camp is open to any child, boy or girl, 8 yrs. and older. Children do not have to be a member of Novaks' and require no previous experience to participate in our program.

**~ 2011 CAMP ~**

Call Novaks' office for available weeks for our 2011 Summer Camps. A week of Novaks' camp will run from Sunday, 2:00 PM to Saturday, 11: 00 AM.

**~ COST ~**

Camp/Novaks' member \$520.00  
Camp/Non-member \$550.00  
10% discount for additional family member

**~ REGISTRATION ~**

Registration is now open. Please fill out the registration form and bring or mail to NGC. along with your deposit/payment, and a copy of your child's insurance card. A copy of your child's physical is due ONE MONTH prior to scheduled camp. We **must** have a copy of your child's physical or they will not be allowed to participate! Physicals must be dated within one year of camp start date. Registrations will be taken in the order received. Space is limited so please do not delay your registration.

**~PAYMENT ~**

Registration fee of 125.00 must accompany the registration form. Balance must be paid by June 1st. Registrations after June 1st must be paid in full.

**~ REFUNDS ~**

Prior to June 1st, camp fee less \$50.00 processing charge is refundable with written notice of cancellation. After June 1st, with written notice, camp tuition less 50% will be returned to any camper that must withdraw up to fourteen days prior to their camp session. No refund will be made for cancellations made less than 14 days from the start of camp. There is no reduction or refund of fees for late arrival or early dismissal. We reserve the right to dismiss, without refund, any camper whose conduct does not comply with Novaks' rules and policies.

**~ ARRIVAL & DEPARTURE ~**

Arrival (Sunday) ~ 12:00 pm - 1:00 pm.  
Departure (Saturday) ~ 10:00 am - 12:00 pm

**~ TRANSPORTATION ~**

Novaks' Gymnastic Center, Inc. does not provide transportation to or from camp. Parents are encouraged to carpool.

**~ DAILY CAMP SCHEDULE ~**

7:30 am ~ Rise and Shine!  
7:45 - 8:15 ~ Morning Stretch  
8:30 ~ Breakfast, personal hygiene and clean up  
9:00-12:00 ~ Practice  
12:00 pm ~ Fruit Snack  
12:15-12:45 ~ Swim  
1:00 ~ Lunch  
1:30-2:45 ~ Rest, recreation gymnastic videos  
3:00-6:00 ~ Practice  
6:15 ~ Fruit Snack  
6:15-7:00 ~ Organized recreation  
7:15 ~ Dinner  
8:00- 9:00 ~ Recreation  
9:00 ~ Personal hygiene/reading time  
10:00 ~ Lights out  
Schedule may be adjusted according to coaches needs.

**~REMINDER! ~**

We must have the following documents in the office ONE MONTH prior to your athlete attending camp.

- \* Copy of Insurance Card
- \* Physical (current, dated within one year of camp)

**2011 CAMP DATES**

Please contact Novaks' for camp weeks available

**703-221-5833 or novaksoffice92@aol.com**

Revised 1/25/11