



Hi Flip Fest 2010 campers, we hope you are ready for a fun summer! This is the 9th year of Flip Fest, and our 5th year on our Lake Frances property in Crossville TN. Lake Frances is 150 beautiful acres with a 32-acre private lake, state of the art gym, hiking trails in the woods, an awesome ropes course, beach, a sand volleyball court, and a paintball field ready for you!

We are welcoming many special guests during the various weeks of camp. Some of the female special guests for this year will include: 2008 Olympic Champion Nastia Liukin, 2004 Olympic Champion Carly Patterson, 2008 Olympic Silver Medalists Alicia Sacramone and Samantha Peszek, World Champion and University of Georgia gymnast Shayla Worley and 2004 Olympic Silver Medalists Courtney McCool, and Courtney Kupets! Some of the **male** special guests will include: 3-time Olympian Blaine Wilson, 2008 Silver Medalist Jonathan Horton, 2008 Bronze Medalists Justin Spring and Raj Bhavsar, 2004 Olympic Silver Medalist-Brett McClure, 2001 World Champion Sean Townsend, 1996 Olympian and Head Coach at the Air Force Academy, Kip Simons, and of course, your camp directors 1996 Olympian John Macready and 3-time Olympian John Roethlisberger. We are also pleased to be welcoming many collegiate coaches again this summer including NC State Assistant Coach Todd Henry, University of Kentucky Assistant Coach Chuck Dickerson, University of Utah Assistant Coach Jeff Graba, Air Force Academy Head Coach Doug Day, Utah State Assistant Coach Janet Anson, Missouri Associate Head Coach John Figueroa, and Southern Utah University Head Coach Todd Bauman & Assistant Coach Jeff Hunt to name a few. Be sure to check out our website under "special guests" for an update of when each guest will be at camp.

Please read this information packet to help get you prepared for camp. Enclosed please find: a medical release form and an invoice that **must** be returned postmarked by the date on your enclosed invoice. **Please note, if we do not receive your child's medical release form they will be held out of participation in camp until it is received.** You will also find more important info such as the physical address of camp with directions, picture pre-order form, a list of what to pack, the theme for the dance party, etc. If you need another copy of any of the forms, they will be available online under "confirmation packet". Please download these forms **ONLY** if you have lost your originals, as your original copy is coded for the office staff to more accurately process them upon return.

Check-In and Registration

Camp Property Open: Sunday at Noon-no exceptions

Check In runs: 1-3 PM CST in the canteen

The camp front gate is not opened for vehicles to enter the parking lot until 12pm on Sunday. **No one other than junior counselors, parent volunteers and staff will be allowed into the main cabin and camp area until noon.** From 12pm until 12:30pm the camp will be opened for parents and campers to walk onto the camp property and find their cabins. The camp cabin area will not be open to vehicles until 12:30pm. This is an effort to help manage traffic on the campground during arrival. Make sure and note the time change if you are traveling from another time zone. Campers should arrive in time to check-in at the canteen, find their cabin assignment, and change into workout attire. Please note that all campers should eat lunch before arriving, as the first meal on Sunday is dinner at 6 pm. If a camper will be arriving with a parent, this check-in time would be the parent's opportunity to tour the facility and get your child settled in his/her cabin and meet the chaperone/counselor if so desired. Staff introductions and athlete skill evaluations then begin at 3pm. We hold an athlete skill evaluation to ensure your child is placed in a skill-level appropriate group for workouts. We preliminarily group the gymnasts for the evaluations, then re-group the gymnasts after the evaluations are complete Sunday evening. Parents and family are welcome to watch the Sunday evening workout/skill evaluation, but after the kids leave the gym and go to dinner at 6 pm, everyone except campers, coaches, counselors, chaperones, and camp employees will need to leave the property- camp is starting!!!!!!

Expediting Check-In

In this packet, you will have an invoice for your child's remaining balance with an option to add additional money to open his/her camp bank account (more info on camp bank accounts below). Before arriving at camp, if you have already opened his/her camp bank account, ordered photos/camp DVD (optional), then you can come to camp and have a much quicker check-in. However, if you have not completed these items, then your check-in process might take a bit longer.

Medications

We have a camp manager, (a volunteer parent on staff each week that is a nurse or physician) who is here to administer medication, if needed, to your child during his/her camp week. ALL medication must be turned in to the camp manager after check-in. No medication, including over-the-counter and prescription meds can be kept in the camper cabins. The only exception to this rule is for inhalers for asthma and epi-pens for allergic reactions. These two are allowed to be kept by the camper throughout the week. We have a "medication administration form" available on our website under "Confirmation Packet" for those of you needing to fill it out ahead of time and **bring with you** to check in. We will also provide copies of this form at the camp manager's station each Sunday. Please do not mail the medication administration form beforehand, as it needs to be turned in to the camp manager along with the medication upon arrival at camp.

Paintball

We are so excited to announce that we are continuing to offer paintball as an optional recreational activity for the campers/staff. There is an additional charge of \$15 for the paint/supplies if your child wishes to play. To pay for paintball you can: 1) pre-pay by check on the enclosed invoice 2) order and pay online www.flipfest.com/account by credit/debit card or 3) campers can pay for paintball out of their camp bank account while at camp. Any camper wishing to participate in paintball MUST have parent/guardian permission notated on the medical release form. NO camper will be allowed to participate in full contact paintball without such approval. We will also offer target only paintball for any campers wishing to shoot at them instead of participating in the paintball games. This might be ideal for younger campers that do not wish to be a part of the "contact" with the paintballs. The \$15 fee is the same for either option, as the paintballs have to be purchased for both. We also provide the appropriate protective gear for paintball, however, please pack "paintball clothes" that could possibly get stained with the paint. We recommend long sleeves and pants as added protection if you are playing in the paintball games.

Online Registration/Payment System

Many of you are familiar with our online registration system. This system also allows you to log in and pay your tuition online, order photos/camp DVD, pre-pay paintball games, as well as add money to your camper's camp bank account with a credit/debit card. This helps many families to pay towards their child's tuition in partial payments, rather than in one lump sum. Simply visit www.flipfest.com/account and using the home phone number you registered with along with your email address, you can gain access to your child's account. Mailed in check/money order payments are also still welcome.

Camp Bank

Each camper has the option of opening up a camp bank account for use during their week(s) at Flip Fest. The opening balance of the camp bank is completely up to you, the parent, and any money not spent during the week is then returned to the camper, coach, or parent upon check out. In the event that we run out of cash during Friday's check out, the remaining camp bank balance will then be sent to the parent's mailing address within two weeks following the end of your child's week at camp. We strongly urge the use of this "camp bank" system as it helps to prevent theft or loss and enables the campers to quickly run in and buy things from the canteen such as souvenirs, clothing, snacks, drinks, etc. without having to carry cash all week. This has proven to be a very successful system, as almost 100% of campers take advantage of opening an account. To give you an idea of how much to put in your child's account average prices of items are listed below. Average camp bank deposits typically range from \$30 - \$150, depending on your intentions for your child's purchases (i.e. apparel vs. food and drink).

GK Flip Fest Camp leotard \$42 - \$50	Flip Fest Shorts \$15-\$20
Tank tops or t-shirts \$15	Camp sweatshirt \$35
Grip bags \$6 -\$15	Sunscreen \$5
Sports Tape \$3	Disposable Cameras \$6
Drinks \$1-\$2	

Pizzas, Giant pretzels, popcorn, granola bars, chicken nuggets, candy, etc. - \$.50 - \$5.00

Parent Lodging

Some group rates are available at local hotels in the area for parents needing a place to stay. You can find that info on our website, under “Camp” and then “For Parents”. There is also a list of things to do in the Crossville area, as it is very abundant in golf, water activities, hiking, camping, etc.

**** OTHER THAN SUNDAY’S CHECK-IN, STAFF INTRODUCTIONS AND WORKOUT FROM 1-6 pm, AND FRIDAY’S WORKOUT AND CAMPER/STAFF SHOW FROM 9 am -1pm, NO ONE ELSE OTHER THAN CAMPERS, COACHES, CHAPERONES, AND CAMP EMPLOYEES ARE ALLOWED ON CAMP PROPERTY.** The camp property is closed from Sunday evening to Friday morning to all incoming traffic. This allows us to monitor the property as closely as possible to keep your children safe, as well as giving all the campers the experience of “going away” to summer camp.

Directions to Flip Fest Camp

Flip Fest at Lake Frances is located in Crossville TN, one hour West of Knoxville, and 1 1/2 hours East of Nashville. Camp is on the **Central Standard Time Zone**. We are off I-40 at exit 320, Genesis Rd. If you are traveling West on I-40, you would make a right turn (north) onto Genesis Rd. upon exiting, and travel for approximately 4 miles before taking the right split in the road onto Lake Frances Road (look for the Flip Fest sign). Camp is ahead just a few hundred yards on the right. If traveling East on I-40, you would make a left onto Genesis Rd. Our physical address is listed below under “mailing letters to campers” and can be used to put into internet map programs or a GPS in your vehicle.

Airport Pick Ups/Drop Offs

Any camper, coach or chaperone needing airport pick-up and drop off from the Nashville (BNA) Airport should contact the camp office at travel@flipfest.com. There is a \$90 round trip, or \$45 one-way fee for this service for campers. Your incoming flight must arrive by 12 pm CST on Sunday, and your outbound flight must not depart before 4 pm CST on Friday to allow for adequate travel time to/from the airport. Please note that Nashville is also on Central Standard Time. If you will be booking a flight for your child, the camper travel information form is available online under “confirmation packet”. This form must be returned a minimum of **three weeks before** your child’s camp session begins. You must also receive confirmation from Flip Fest through email or phone that it was received.

Meals & Housing

All 3 meals are served fresh each day for the campers and staff. We always provide an option for vegetarians, and try our hardest to accommodate “picky eaters” with options such as a full salad bar. Any camper with food allergies must indicate so on the enclosed medical release form and make our camp manager aware of that upon check-in. Campers are housed in clean, air-conditioned cabins. Each cabin holds up to 16 campers per side, or 32 total, with bathroom facilities in each cabin. Each cabin is also supervised by two chaperones or counselors (one on each side). Reminder, absolutely **NO FOOD OR DRINK**, other than water, is allowed in the camper cabins. Please do not send any food, candy, or sugary drinks along with your camper. Please understand this, as we try very hard to keep the cabins clean, and food and candy can attract many unwanted bugs and pests, and create a mess that is very difficult to clean.

Schedule

As the start of camp approaches, the camp schedule will be available at www.flipfest.com. Gym hours run Monday through Thursday from roughly 8:45 am until noon, and then again from 3 pm – 6pm. We also have an optional open gym each day towards the end of workout. Each Friday includes a morning workout 9 AM – 11 AM, as well as a staff & camper show plus camp and team awards that will run from 11 am – 12 pm CST. Parents and family are welcome to attend and arrive as early as 9 AM and observe what your child has learned throughout the week, take pictures, and talk with the staff that has worked with your child.

Activities at Camp

Many awesome activities are planned for your child while at camp beyond great gymnastics training. The annual Monday night dance party theme this year is “**Favorite Movie**”. There is always an award for best costume at the party, so have fun, be creative and pack a special outfit to go along with this year’s theme! The cabin that wins Wednesday morning cabin check also gets an award, so be creative and talk with your child or your child’s team prior to coming to camp for any fun ideas for cabin check. Skit night is always a big hit, so encourage your child to participate. Some campers come to camp prepared with a skit, while some get together with friends while at camp and make something up. All campers are not required to perform a skit, but all are welcome. There is also mud tug-of-war, sand volleyball tournaments, Frisbee

golf, tubing, ropes course, Karaoke as well as the haunted night hike to take part in! Make sure not to miss Randy's weekly scavenger hunt, too, it is always a blast and the winning group gets to eat with the Olympians!

Check-Out/Friday's activities

9:00 AM Parents, family, guests are welcome to arrive at camp to watch the morning rotations in the gym
10:00 – 11:00 AM Check-out begins in the canteen
11:00 AM – 12:30 PM Staff and camper show, camper and team awards, and closing ceremonies

The staff & camper show consists of the campers revealing new skills acquired, team and camper awards, the "camp dance", and then parent pictures and Olympian autographs. These activities will conclude by approximately 12:30 PM. Check-out will consist of providing identification to take your child home when the day is over, and retrieving all, if any, medication from the camp manager, and closing your child's camp bank account. Your child will only be allowed to leave the property with the people you have listed on the back of the enclosed medical release form. Anyone taking a camper home must provide appropriate picture I.D. and be listed on the back of the release form. If your child's camp bank account balance is under \$50, we try our best to refund you in cash before leaving. If we do happen to be out of cash, then we will mail a check to your home address within two weeks of your camp session. If you will not be present on Friday, please remind your child, your child's coach, or another parent you have previously listed on your child's release form to retrieve checked medication, if any, at check-out before they leave, as leftover medication cannot be mailed later.

Picture & DVD Orders

We try our best to post fun, action shots of the campers each week on our website for viewing. Posed 8x10 pictures of your camper and his/her team as well as individual photos with the Olympians are also taken by a photographer once during the week and are available for pre-order by filling out and returning the enclosed order form. A camp DVD, video footage unique to each week of camp and including each camper, will be created for campers from each session. Team photos and the camp DVD will also be available for pre-order at Check-in on Sunday. NEW THIS YEAR: You can order and pay for your photos/DVD online at www.flipfest.com/account. If you choose to order and pay online, you DO NOT need to mail back the enclosed photo order form, as it is reserved for mailed in check payments only. IMPORTANT!! If your photos are not ordered by the end of check-in Sunday, your camper will not have an individual picture taken with the Olympians and will not receive a picture Friday. DVDs can be ordered at any point in time.

Phone Calls In/Out

NO CELL PHONES ARE ALLOWED AT CAMP. There will be no exceptions to this rule, and all campers will be asked at the Sunday afternoon introductions for a last chance to turn over any cell phones they might have brought (to be returned to the camper upon checkout). If any cell phones are found after this point, they will be confiscated by camp and donated to charity. Many campers felt we weren't serious about this last year and attempted to sneak in phones only to find out they, too, had their phone donated to charity at the end of the week. Phones are provided during all waking hours for the campers to call home. There is a possibility we will have free long distance this summer, but in case we cannot secure that, please send your camper with a calling card. In an emergency, you can reach the camp office at 931-459-2753 and select the option for "emergency". During non-office hours this number rings to a personal residence, so please reserve the need to call for true emergencies only.

Mailing letters/packages to campers

Camper mail is a great way to let your child know you are thinking about him/her during the week. Any letters, cards, or non-food item packages should be mailed to the camp's physical address and be addressed as listed below. Due to our location, mail times vary greatly, and you can never go wrong with FEDEX or UPS. Another option is to mail via postal service the week before your camper's session to ensure delivery. We are not responsible for undelivered packages.

Flip Fest Gymnastics Camp
Attn: Camper's Name and Session attending
272 Lake Frances Rd
Crossville TN 38571

This address is for direction purposes and/or if a parent would like to send mail to a camper. **Do not send any candy or food**, as these items are not allowed in the cabins due to pests.

Packing List

Required things to pack:

- Workout attire
- Gym bag
- Grips (if your child uses them)
- Extra recreational clothing such as shorts, t-shirts, tennis shoes
- Sweatshirt OR light jacket for cooler mornings or evenings
- Bathing suit, beach towel, **sunscreen**, and flip flops
- Toiletries
- Bath towel and washcloth or loofah
- Shower shoes (flip flops would be fine)
- All bedding of choice: twin size sheets and blanket or a sleeping bag to put on top of the bed (bedding is not provided)
- Pillow
- Bug spray
- Poncho or Umbrella
- Shoes to hike in (tennis shoes are fine)
- Flashlight
- Clothes for the karaoke/dance night- **“Favorite Movie”** theme
- Clothing for “dirtier” activities such as paintball and mud tug-of-war
- Anything campers might want to use in their skits on Thursday night (optional)

Remember, many activities take place outdoors, thus we are subject to weather. Please be sure your child packs clothes for a variety of elements (cold, rain, etc.) and plenty changes of clothes.

Some **optional** items:

Calling card, goggles for the lake, disposable camera, combination lock (lockers are provided in each cabin for small personal items if needed)

Items **not allowed** at camp:

- **Cell phones**, laptop computers, or any handheld video games that can connect to wi-fi
- Outside food, candy, or drink (other than water) - this is only to control the pests in the cabins
- Heely roller shoes (we are on gravel!)

**Please mark all belongings with your child's initials in a permanent marker. Once your camper's week has ended, all lost and found items are donated to Goodwill and cannot be mailed back. Flip Fest is not responsible for lost or stolen items.

Items to Return Postmarked by the Date on Your Invoice:

- Invoice and Payment (credit card payments online)**
- Medical Release Form**
- Copy of your child's Health Insurance Card- front and back**
- Photo/DVD order form (if paying by check)**

Please read through this entire packet, and make sure your **final payment and required documents are postmarked by the date on your invoice to ensure your child's spot in camp**. We get so excited for each year of camp and we look forward to having your child at Flip Fest this summer. We hope they're getting ready for a summer camp they won't forget!
See you soon!

John Macready & John Roethlisberger
Camp Director Camp Director