

Back for the **quindecennial + 4 anniversary**, HPTC has developed a reputation as one of the top summer training camps for athletes and coaches, because of the amazing quality of the staff, the activities, food, coach's education, and so much more, all provided with the "athlete-friendly, kid centered" style that Avant Coeur is known for!

In the past 3 years, we, have been blessed to have Olympic Champions NASTIA LIUKIN, DANIELA SILIVAS and Olympic medalist RAJ BHAVSAR with us, and that opened the floodgates! Again this year, we will have real live Olympians on our coaching staff throughout the camp! You never know who will drop in and guest coach....

For our 19th year, we will, of course, have all the regular favorites that you have come to love and enjoy from past camps! For coaches, we will have an expanded Coach's Education curriculum, with presentations and discussions with some of the industry's finest teachers and coaches.

We are working on different accommodation options—please contact Lisa if you are in need of accommodation.

Lots of activities, new games and contests, great food, and the best camp staff ever all add up to the most amazing camp experience you will ever have!

For more information, or to register, please call
Dave at 208-664-0135 or Lisa at 208-691-1846

DEADLINES:

Camp space is very limited. We like low gymnast/coach ratios for maximum individual attention to the athlete. **Absolute deadline is July 20, 2017.**

Because of how popular HPTC is getting, and how many athletes and coaches have expressed interest, we will be strictly limiting the size of camp this year to maximize the camp experience for all of our campers, so please sign up early and leave your deposit to secure your spot.

WHAT HAPPENS AT CAMP?

Well, LOTS OF GYMNASTICS!

I mean, LOTS! OODLES! BUNCHES! AND...

Contests Rock Jumping Dinners Relays Fashion Parades
Open Gym Silverwood Games Ropes Course Team Spirit
Lunches Coaches' Education Campfire Egg Toss Prizes Snitches,
Show and Tell Dances Whip Cream Pies Money Money Money

What happens at camp...

is remembered forever!!!!

Introducing the 19th annual

H.P.T.C.!

★ (High Performance Training Camp)

www.HPTCamp.com

July 30-
August 3,
2017

Making
your
DREAMS
Real!

Boys and Girls
Pre-Team to Level 10-
and beyond!

1998—2017...

The tradition continues!

HPTC REGISTRATION 2017!

Athlete's Last Name: _____ First Name: _____ Name likes to be called: _____

Age: _____ Boy / Girl Date of Birth: ____/____/____ Current competitive level: _____ Estimated level for next season: _____

T-shirt size: _____ Best event: _____ Need help on: _____

Current club: _____ Primary Coach's name: _____

Home Phone: _____ Cell: _____ E-mail: _____

Medical insurance # (including plan, group, etc) _____

Parent(s) name(s): _____ Cell phone: _____

Emergency contact: _____ Phone: _____

Allergies: _____ Other medical issues: _____

Roommate Requests: _____

Choose all that apply:

- _____ \$590 for full camp (This includes all lunches and dinners, as well as light snacks)
- _____ \$285 Pre-team 1/2 day option (includes lunch)
- _____ Silverwood: \$25 (all other activities are included. If you have a pass, you may use it!)

****If you are not going to be eating with us due to allergies, you may subtract \$47****

ACG Athletes please deduct the following from your total due:

Level 7-10: \$110 Boys & Level 5-6: \$90 Level 3-4: \$80 Preteam: \$50

Total Due: \$ _____ (ACG athlete's total: \$ _____)

**A \$100 non-refundable deposit must be left to hold your spot,
and the remainder of the camp fees must be paid IN FULL
at HPTC registration and check-in.**

Payment method (please circle): Cash Credit card Check
(Please make checks payable to HPTC. Thank you!)

Card Type: Visa MC

Number: _____ Exp: ____/____ Code: _____

By signing this form I authorize my card to be charged as noted above. I also agree to hold harmless David and Lisa Adlard, Perpetual Motion Events, Avant Coeur Gymnastics, and all employees, coaches, volunteers and assistants of Avant Coeur Gymnastics and HPTC for any injury, no matter how caused. In addition, I agree that the organizers of HPTC have my express permission to seek and acquire any and all medical care they deem fit, in the case of an injury or accident. I hereby agree that I will be financially responsible for costs related to this care not covered by insurance.

Signed: _____ Date: _____

Printed name: _____ Relation to camper: _____

*Hosted by Perpetual Motion Events
at Avant Coeur Gymnastics
6360 Sunshine street
Coeur d' Alene, ID. 83815
Email: funnflip@msn.com*

Please send all payments and registration to:
Perpetual Motion Events
c/o Dave Adlard
11805 E. Nunn Rd, Athol, Id. 83801
Dave's Cell: 208-664-0135.
Lisa's Cell: 208-691-1846
Dave's Email: dave@permoevents.com
Lisa's Email: lisa@cdagym.com
www.hptcamp.com Make checks payable to HPTC