

A SPECIAL MESSAGE FROM CHRIS: ...getting ready for camp...

Dear Campers,

Camp is coming up soon and it's going to *JAM*! I'm looking forward to a session of serious gymnastics and serious fun! You have an excellent opportunity to be inspired and learn from some of America's best coaches and gymnasts this summer. If you prepare a little before camp you'll get the most out of your experience. For me, one of the most important steps to becoming an Olympic gymnast was setting goals and planning for them—you should do the same thing. Before GymJam Camp, please get a special notebook just for gymnastics and bring it with you to camp. You should sit with your coach and your notebook and write down the skills you want to learn and improvements you would like to make during GymJam 2009 and the next season. Before, during, and after GymJam, you should look at the goals in your notebook everyday and keep track of how you are progressing towards reaching them. Seeing your goals written down will inspire you! At camp, be sure to let your coach know all the great things you would like to learn and we'll be teaching, psyching, drilling, and encouraging you to reach your goals. When you do reach one of your goals or learn a new skill at GymJam you'll be able to let everyone know by ringing the New Skill Bell! And remember, as inspiration you will get a chance to show off your new stuff to an Olympian and Collegiate Stars. Be sure to use the notebook during camp (and at home) to write down all the coaching tips that work especially well and then read them before competitions or when you are having trouble with those skills. I'm excited about helping everyone at camp learn a lot of new things and have one of the best times of their lives.

See you soon. Let's get ready to GymJam!

Sincerely,

Chris Waller
Camp Director
2004 Olympic Coach
1992 Olympian



"Dream. Plan. Prepare. Win More than Gold!"