

## Region 6 Springfield Camp

July 6<sup>th</sup> – July 9<sup>th</sup> 2023

What should I bring to camp?

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### Check-in:

Camp Check-in at Springfield College on July 6<sup>th</sup> is between 10:30am and 12:30pm

### Camp Fee and Required Documents:

(These are all **required at check-in** on day of arrival):

1. Camp check (\$650 for non-delegation athletes) written out to: USA Gymnastics Men's Region 6
2. Camp check (\$600 for official delegation athletes) written out to: USA Gymnastics Men's Region 6
3. Four Camp attendance documents (completed and signed)- They can all be found at: <https://www.region6mensgymnastics.org/campdocuments>
  - Camper Release
  - Health Records
  - Medical Authorization
  - Parent Authorization

### What to Pack:

1. Workout clothes (well fitted shirts and shorts- competition shorts and pants preferred. NO long basketball-type shorts allowed)
2. Slides and sneakers (depending on weather and outdoor play activities)
3. Grip bag, wrist bands, athletic tape as needed
4. Sheets (oversized twin), pillow, blanket
5. Fan (we might have an air-conditioned dorm, but if we do not, please prepare to be hot)
6. Water bottle for refill during practice
7. Snacks/drinks, as needed, for hanging out in the dorms
8. Bathroom caddy with shampoo, soap, deodorant, toothpaste, toothbrush, etc.
9. Shower towel/face cloth
10. Games you might find helpful during free time (e.g., basketball, football, spike ball, cards, etc.)