



# Viking Boys' Gymnastics Summer Camp

## Summer 13' Off-Season Workout Program

### Who:

- All athletes involved with Niles North Boys' Gymnastics

### What:

 6-week program focusing on the following:

- Strength building
- Conditioning
- Learning fundamental skills necessary for future success

### When:

- Tuesdays, Wednesdays & Thursdays (6 weeks)
- Beginning June 18, 2013
- 1:00 p.m. – 3:00 p.m.

Register online at:

<http://summer.niles219.org/>

Camp # **CNBG01**

### Where:

- Niles North High School  
9800 N. Lawler Ave Skokie, IL 60077

### Fees:

- \$170.00 for full session

### Why:

- Presents returning athletes an opportunity to improve their skills
- Provides a resource to incoming students interested in pursuing a future in boys gymnastics

### Contact:

- **Richard Meyer – Head Boys' Gymnastics Coach**
- **847-626-2226**
- [ricmey@d219.org](mailto:ricmey@d219.org)