

High School Summer Gymnastics Registration

MEET COACH RACHEL HAALAND

I didn't start gymnastics until 8th grade, but once I started, I was hooked! I competed all the way through college, competing with the U of M rec team and traveling the country for gymnastics meets. I started coaching in 2004 when the Assistant Women's coach at UMN, Doug Day, started teaching me to spot after taking his rec gymnastics class numerous times! I started coaching at TAGS South in Apple Valley in 2004 and continued coaching there until I moved to Madison, WI in 2006, but still working off and on when I had free time to pop in and help. I was then head coach for the Madison East/LaFollette high school team for the year before moving overseas in summer 2008. While overseas, I coached different levels in Australia, Hong Kong and New Zealand, from toddler classes all the way to elite (one of my NZ gymnasts was on Team New Zealand). From 2012, I coached off and on when I was back in the states at Classic Gymnastics in Chanhassen and when I moved back in 2016, I coached Xcel as well as rec classes. I then joined up with JCC for a season in 2018!

This summer's camp is going to be working on new skills, perfecting old skills, and doing a lot of work on form and flexibility, as well as stamina. Come ready to work with a good attitude and we can stay fit and get ready for the upcoming season!

DATES:

June 1, 2, 3, 8, 9, 10, 22, 23, 24, 29, 30
JULY 1, 6, 7, 8, 27, 28, 29
August 3, 5, 10, 12

TIMES:

Tuesdays 9:00 - 11:30 am
Wednesdays 1:00-3:00 PM
Thursdays 9:00 - 11:30 AM

FEE:

22 Classes for \$185.00
*Full payment due upon registration.

PARENT

Parent/Guardian Name: _____

Phone: (_____) _____ - _____

Email: _____

Address: _____

City/State/Zip: _____

GYMNAST

Participant Name: _____

Circle One: Male Female

Grade (Fall 2021): _____



Send Registrations to: JCC Community Education PO Box 119 Jackson, MN 56143
Class session payable to: JCC Community Education

CONSENT

Gymnastics = Risk By the very nature of the activity, gymnastics carries a risk of physical injury. No matter how careful the gymnast and coach are, no matter how many spotters are used, no matter what height is used or what landing surface exists, the risk cannot be eliminated. Risk can be reduced, but never eliminated. The risk of injury includes minor injuries such as bruises and more serious injuries such as, broken bones, dislocations, and muscle pulls. The risk also includes catastrophic injuries such as permanent paralysis or even death from landings or falls on the back, neck, or head. - USA Gymnastics I understand that Jackson County Central public schools do not provide any accident or health insurance coverage for my child while participating in athletic programs. I fully understand that it is my responsibility to provide insurance coverage for my child. I am aware that the school district DOES NOT cover athletic injuries. I agree not to hold Community Education, the school, or anyone acting in it's behalf, responsible for any injury occurring to the student named in proper course of such athletic activities or travel. I have read the foregoing and will abide by the principles and regulations contained therein. By signing the registration form, I hereby give my consent for the gymnast named to participate.

X _____
Signature of Parent/Guardian

DATE