



To apply online or download an application, please visit our website at: www.iowasportscamps.com

Staff



Dmitri Trouch: Trouch joined the Hawkeye coaching staff as an assistant gymnastics coach for men in the fall of 1996. Trouch was a member of the Russian Olympic Team which won the team gold medal in the 1996 Atlanta Games. Both Dmitri and Alex are from Voronezh, Russia, a city of one million people approximately 350 miles south of Moscow. Trouch was the national Russian horizontal bar champion in 1994. In 1995 he was forced to retire from gymnastics with a knee injury, but after surgery made an inspirational comeback. In May 1996 he helped the Russian team win the European Championships. In June he won the All-Around National Championship (the Russian Cup) in Moscow.

Additional staff will consist primarily of former and present University of Iowa gymnasts.



Alexandre Kolyvanov: Kolyvanov came to the United States from the former Soviet Union, where he was recognized as one of the best gymnasts in Europe. His gymnastics career began at age seven. By age 13 he was the Jr. National Champion of the Soviet Union. He won an unprecedented three Jr. European All-Around Championships between 1986 and 1989. 1990 was highlighted by winning the all-around championship at the American Cup. Alex was a member of the Unified gymnastics team that won the Gold Medal at the 1992 Barcelona Olympics.

Typical Schedule

6:30-8:15 a.m.	Breakfast
8:45 a.m.	Arrive at Gym/Warm up
9:00-10:45 a.m.	Sessions 1, 2, & 3
11:00 a.m.-12:30 p.m.	Lunch
2:00 p.m.	Arrive at Gym
2:00-2:15 p.m.	Warm up
2:15-4:00 p.m.	Sessions 4, 5, & 6
4:15-6:00 p.m.	Dinner
6:30-8:00 p.m.	Open Workout



General Information

The Hawkeye Boys' Gymnastics Camp is for any boy age 10-18 who has a desire to improve his gymnastics and experience The University of Iowa training environment. The camp is for gymnasts who are willing to attempt all six men's events each day. Campers will work hard in the gym but will have time to relax, swim, play basketball or use other University recreational facilities.

Checkin will be on the main deck of the Field House, between 2:00 and 4:00 pm on Sunday, July 19. After checkin you will have a brief informational meeting to talk about the rules and regulations of Sports Camps. You will then be released to eat dinner in the Hillcrest dining hall. Report to the gymnastics room in the Field House at 5:30 pm, where you will meet the coaches and trainers before your skills evaluation and testing session. Camp will conclude at NOON on Thursday, July 23, with checkout following the final session.

Housing for Residents

Residents are participants who are living in one of the residence halls during camp. There are two campers per room. Room assignments will be made in advance. If you have a roommate preference, write the name of that person on your application form in the designated area. Bedding, which includes sheets, pillow, pillowcase, and blanket, is provided. Meals are served in University dining facilities. Trainers and medical personnel are available 24 hours a day.

Commuter Plan

Commuters are participants who attend sessions during the day and stay off campus at night. Lunch and dinner are included in the commuter fee.

Items to Bring to Camp

Appropriate hand grips should be brought by every camper to assure proper hand care. It is also recommended that all gymnasts come to camp in good physical shape. Participants must furnish their own towels and toiletry items. It is a good idea to bring extra spending money for soft drinks and snacks or video games and the Hawk Shop. The camp administration will not cash personal checks. There is an ATM available in the Hillcrest Lounge. When not in a sports session, dress is casual, so bring along your favorite shorts, jeans, summer shirts and a swimsuit. You may wish to bring an alarm clock and a small fan. **We strongly discourage you from bringing any valuables to camp. The University of Iowa is not responsible for lost or stolen articles.**

Transportation

If transportation is needed to and from the Eastern Iowa Airport, or the Iowa City Bus Depot, please notify our office (in writing) of your travel schedule two weeks prior to arrival. There is a \$25 fee for round trip transportation from the airport, no charge from the bus depot.

The **MANDATORY** medical authorization form will be included with your letter. For more information about housing, what to bring to camp, rules and regulations, medical information, FAQ's and driving directions visit our website: www.iowasportscamps.com or contact us at 319-335-7961.

Important for Parents

Each registered camper will receive a confirmation letter including a medical form. On the final day of each session, parents are invited to observe their sons during the morning instruction period.

All individuals enrolled are required to comply with the rules and regulations of The University of Iowa and the Sports Camps. Any violation of these rules and regulations could cause immediate dismissal from the camp.

Health and Insurance

Costs for the treatment of injuries and hospitalization for illness or injuries incurred during the Sports Camps will be the responsibility of the parent or guardian of the participant.

Fees

The charges per week are \$425 for residents and \$330 for commuters. This fee includes room and board for residents. Commuters fee includes lunch and dinner. A T-shirt will also be included. Enrollment will be limited so send your application form and deposit to The University of Iowa Sports Camps office today.

Costs and Cancellations

The fee per session is all-inclusive; there are no extra charges. The full tuition is due no later than July 1. Your fee **less the deposit** will be refunded without questions if you cancel your enrollment prior to June 1. Campers who must leave during the week due to illness or injury will receive a prorated refund based on the number of days room and board were required.

Written requests for refunds should be sent to the Sports Camps office, 203 Field House, University of Iowa, Iowa City, IA 52242. Requests must be made prior to August 15. No refund will be given to campers who voluntarily leave camp or who are sent home for disciplinary reasons.

Deposit and Balance

Please send your application form and \$100 nonrefundable/nontransferable deposit to:

The University of Iowa Sports Camps
203 Field House
Iowa City, IA 52242-1111

Applications received after July 1 must be paid in full.

More information is available at: www.iowasportscamps.com or by calling 319-335-7961.

Small Training Groups



Training Facility

One of the top gymnastics facilities in the nation, the North Gym of the Field House provides two sets of each apparatus and a multi-purpose pit system. Two pits accommodate high bar, rings, parallel bars, tumbling, and vaulting. Safety features include overhead spotting rigs and an abundance of skill cushions. The North Gym will provide every gymnast an excellent environment in which to learn gymnastics.

Olympic-Level Coaching



Two skills are named after Alex Kolyvanov.



The University of Iowa prohibits discrimination in employment, educational programs, and activities on the basis of race, national origin, color, creed, religion, sex, age, disability, veteran status, sexual orientation, gender identity, or associational preference. The University also affirms its commitment to providing equal opportunities and equal access to University facilities. For additional information contact the Office of Equal Opportunity and Diversity, 319-335-0705.

Individuals with disabilities are encouraged to attend all University of Iowa-sponsored events. If you are a person with a disability who requires reasonable accommodations in order to participate in this program, please contact the Sports Camps Office at 319-335-7961 to discuss your needs.