



2023

KC League Gymnastics

CAMP

KC BOYS GYMNASTICS LEAGUE PRESENTS:

MEN'S DRAGON CAMP

AND COACHES CLINIC

WHEN

August 5-6, 2023

Coaches: The annual KC League Meeting will be held in conjunction with this outstanding camp.

Athletes: Train all six Olympic events | trampolines
Mobility | Strength | Ninja Warrior Course

See reverse side for the tentative camp schedule.
Visit GAGECenter.com for additional details.

WHERE

GAGE Center

1101 NW Jefferson
Blue Springs, MO 64015

GAGECenter.com | 816.229.7775

OPEN TO:
LEVELS 3-6 &
Open Compulsory

ADMISSION

\$125/athlete
Coaches \$35:
FREE with a paid athlete

REGISTER | PAY

On-line at:
GAGECenter.com

ENTRY DEADLINE

July 2, 2023

CONTACT INFO

WALLY MEIERAREND
816.229.7775
Wally@gagecenter.com

MORE INFO

Visit GAGECenter.com
Camp Schedule
Host Hotel
Camp Clinicians & more





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DAILY SCHEDULE

SATURDAY, AUGUST 5	
9:00 - 9:15 AM	Welcome Warm-Up
9:15 - 11:30 AM	Camp Rotations
11:30 - 12:30 PM	Lunch
12:30 - 1:30 PM	Ninja Activities
1:30 - 3:45 PM	Camp Rotations
3:45 - 4:00 PM	Games, Cool Down & Dismiss

SUNDAY, AUGUST 6	
9:00 - 9:15 AM	Welcome Warm-Up
9:15 - 11:30 AM	Camp Rotations
11:30 - 12:30 PM	Open Gym
12:30 pm	Closing Dismiss

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