

flipfest

JOHN MACREADY AND JOHN ROETHLISBERGER'S
SUMMER GYMNASTICS CAMP
at lake frances

Flip Fest is a camp in Crossville, Tennessee owned by two Olympians John Macready and John Roethlisberger. This will be their 11th year in running the camp.



Along with John and John, Flip Fest brings in 2 other Olympians, one male and one female, to help out with coaching the camp. These Olympians can be anyone from Shawn Johnson, Jonathon Horton, Blaine Wilson, or Nastia Liuken. Last year when I went I got to coach alongside Blaine Wilson(1996, 2000, 2004 Olympics) and Mohini Bhardwaj(2004 Olympics). They were very down to earth with the kids and helpful to us coaches!



Life As A Camper:

At Flip Fest your daughter will not only learn gymnastics but also experience a camp-style life. Hiking through the woods, experiencing the ropes course, swimming, tubing, fishing, volleyball, and much more!



While enjoying playtime, there is also a set schedule that needs to be followed:

- 7:45 a.m. Breakfast
- 9:00 a.m. to 12:00 p.m. Morning training
- 12:00 p.m. to 3:00 p.m. Lunch/recreational activities/rest
- 3:00 p.m. to 5:45 p.m. Afternoon training
- 5:45 p.m. to 6:45 p.m. Dinner
- 6:00 p.m. to 9:00 p.m. Recreational activities/open gym/rest
- 10:30 p.m. Lights out

Along with the schedule there are different activities set for each day such as mud tug-o-war, tie dying, etc!!!



Housing: Housing and meals are provided at the camp. The girls will be staying in cabins with a bathroom attached and 2 chaperones.

Teammates will be housed together.



Meals: All meals for campers are prepared fresh daily in our on-site kitchen. Lunch options vary from grilled chicken/beef soft tacos, chicken nuggets, and a sandwich bar to name a few. A typical dinner would be grilled chicken breasts, fresh steamed broccoli with cheese sauce, roasted potatoes and a whole-wheat dinner roll. We offer fruit at every meal as well as a salad bar at lunch and dinner.

Dates and Cost:

The week we are planning to attend Flip Fest is week 4 which is June 17- June 22. The cost is \$725 which includes EVERYTHING, meals, housing, all fun activities, etc. In order for this to happen we will need at least 20 girls to sign up and go! I coached last year and had a blast! I met so many new people and am still friends with them today! It is a great experience and a good way to start off the summer!!!