Minnesota Gymnastics Training Center, LLC was founded by Mike Burns and Konstantin and Stefny Kolesnikov. MGTC is a small gymnastics enterprise aimed at offering high-quality instruction and educational experiences to aspiring gymnasts. We view ourselves as partners with our athletes, employees and the gymnastics community. We aim to become a regionally respected name by offering innovative camps, clinics and classes.

**EXPERT COACHES**

At MGTC, we surround our athletes with talent. In addition to our two main coaches, we are proud to boast about the veteran coaches and superior student-athletes who coach at our camps. The U of M has an impressive team of superb gymnasts, and we are fortunate to have some of them join us to share both their expertise and enthusiasm. These supporting trainers not only share their athletic talents, but they also act as strong role-models for aspiring gymnasts. By taking part in MGTC’s summer camps, you are entering an encouraging atmosphere of skill and success.

**ELITE COACHING STAFF**

**MIKE BURNS**

Mike Burns brings over 40 years of coaching experience to our camp. Currently he is the Head Coach of the Minnesota Men’s Gymnastics team and President of the Collegiate Gymnastics Association. His coaching career includes such prestigious posts as Assistant Coach positions at both the University of Michigan and the University of Iowa and Head Coach of a Junior Olympic Program in Albuquerque, New Mexico. Among his many accomplishments, he has received the National Assistant Coach of the Year award three times. Mike was a member of the US National Team coaching staff from 1986-1990, where he coached 4 team members, and placed 7 gymnasts on the National Team between 1986-2003. He is a seasoned professional in the sport of gymnastics, and here in Minnesota he continues to inspire and energize his staff and students.

**KONSTANTIN “Kostya” KOLESNIKOV**

Kostya Kolesnikov, Assistant Coach of the Minnesota Men’s Gymnastics Team, has over 25 years of experience coaching gymnastics. A native of Russia, he brings that country’s unique expertise and dedication to gymnastics to his coaching. Kostya was a gymnast for 17 years and a member of the renowned USSR/Russian Senior National Team from 1991-1995. Following his career as a gymnast, he coached in Russia until he was invited to the United States as an expert clinician. He spent the next 10 years coaching Junior Olympic Boys programs in Wisconsin. Kolesnikov was named “Coach of the Year” in Wisconsin in 1998. In addition, Kostya is a judge for local gymnastics competitions. Kostya’s experiences as an athlete, judge and coach combine to create a gifted instructor.
Sample Daily Schedule:

7:00-8:30am  Breakfast (residents only)
8:40-11:15am  Warm-up & Workout 3 events
11:30-1:15pm  Lunch & Free Time*
1:30-4:30pm  Warm-up & Workout 3 events
4:45-6:00pm  Dinner
6:30-8:00pm  Evening Training/Night Activity
10:00pm  Lights Out (residents)

* Commuters may depart at 6:15pm after dinner or stay for evening activities and depart at 8:00pm.
For detailed schedule please visit [www.mgtcgymnastics.com](http://www.mgtcgymnastics.com)

Group size will be approximately 8:1 ratio. Please register early to ensure a place for your gymnast.

*Free time is for both residents and commuters. They will have the opportunity to play outdoor basketball or volleyball (weather-permitting), use the game room or piano room or watch TV in the lounge. Residents will be able to spend free time in their dorm-rooms.

**Housing and Recreation**

Resident gymnasts will stay at the University of Minnesota dormitories. Live-in counselors and camp instructors provide 24-hour supervision. Rooms are double-occupancy, roommate requests are made on the registration form. If no name is written on your form, a roommate will be assigned to you based on age. Meals will be served daily. Supervised and structured activities, such as open workout, games in the gym, or activities nearby on campus will be offered each night. Commuters are welcome to stay for the evening activities.

**Facility**

Training takes place in the historic Cooke Hall on the University of Minnesota Campus. Cooke Hall is the home of the Minnesota Men’s Gymnastics Team and was the training site for 3-Time Olympian John Roethlisberger and 2006 World Championship Team Members, Guillermo Alvarez and Clay Strother. The facility includes AAI men’s equipment, and features a large foam-filled pit that accommodates tumbling, vaulting, still rings, high bar and parallel bars complete with spotting rigs for still rings, high bar, and trampoline.

The gym-wide TiVO system allows gymnasts and coaches to have constant video feedback of every training session.

**What to Bring**

* General toiletries, **alarm clock, **fan for white noise **casual clothing, waterproof jacket/umbrella, athletic bag, grips, towels, swimsuit, workout clothing, athletic shoes, sandals, 2 rolls of tape* and some spending money for snacks and activities. We do not recommend bringing valuables to the camp. ** Resident campers only.

* If your gymnast has daily taping needs, please send enough tape for the entire 5/10 days.

**Health and Insurance**

We have a superb Athletic Trainer onsite to offer care to athletes as needed. For the safety of all, we require each camper to submit a physical exam form signed by a doctor, confirming his good health. Upon receiving your registration and deposit, all forms will be mailed to you. To ensure enrollment, send the forms back to us, completed and signed, with your final payment by June 11th.

All registrations received after June 11 will include a $30 rush fee.

**Tuition and Enrollment**

**Resident Campers:** Tuition for resident campers is $580 per session. Cost includes housing, meals, all training sessions, and a camp t-shirt and pool outing.

**Commuter Campers:** Tuition for commuter campers is $450 per session. Cost includes 6 meals, all training sessions, camp t-shirt and pool outing. Commuters will be served lunch and supper and are welcome to take part in the Evening Training and/or Night Activity.

**Group Rates Available:** Groups of 10 or more may receive a discount of $30 per camper. Please note, all applications for the group must be mailed together to receive the discount. Campers who send their applications separate from the group will not be eligible for the discount. We require a separate form for each camper.

**Discount for attending both sessions:** $30 Total

**Camp Policies**

- All individuals enrolled must comply with the rules and regulations of the University of Minnesota and the sports camp. Any violations of the rules could be cause for immediate dismissal from the camp with no refund and/or additional charges due to damages.
- All applications require a $100 non-refundable deposit per session of camp ($150 for both sessions).
- Camp confirmation and any additional registration materials will be sent via email upon receipt of application and deposit.
- Full tuition balance and All Participation Forms, completed and signed, are due by May 13, 2017 to ensure enrollment.
- Cancellation policy: Forfeit deposit. No changes or refunds one month prior to the first date of camp.
- $50 fee will be charged for any returned checks to cover bank fees.

All inquiries may be directed to:

**Minnesota Gymnastics Training Center**

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