

Summer Camp Begins Tuesday, June 1st!



Welcome 2010 Gymnastics Summer Camp Parents!

My name is Adam Benas and I am the Gymnastics Summer Camp Director. I have been involved in the sport of gymnastics for over 25 years. I spent the majority of my youth in a gym, went to college on a full-athletic scholarship to Penn State University, and have since been trying to give back to the sport that gave me so much. Along with me, we have the assistances of Galina Cross as the afternoon director.

Get ready for a fun-filled and exciting summer of gymnastics camp! We have a full line up for your child ready to go. Some of the activities are:

- ◆ Swimming and Diving
- ◆ Pie-in-the-Face
- ◆ Special Guest, “Physician of Phun,” Mike Spiller
- ◆ Field Trips
- ◆ Olympic groups
- ◆ Late Night with Parent Show and Skits
- ◆ Jewish Learning with Jonathan Fass
- ◆ Friday’s Shabbat Celebration

Our facility has been recently updated and offers 18,000 plus square feet of the latest and greatest space and equipment. We now have one of the most modern gymnastics facilities and best coaching staff in the city of Houston. Our goal is to keep our campers happy and to increase their skill level of gymnastics in a safe and fun environment.

Our staff is top notch. You will be working with Senior Camp Specialist, Ed Karacek, Girls Team coach and 2-time Olympian, Roumen Yordanov, 2-time NCAA All American, Adam Benas, Assistant Tumbling and Trampoline Team coach Aaron Perchonok, and also among Senior and Junior counselors who are currently our girls and boys team members. In addition, our newest member of staff comes with a vast resume of gymnastics coaching enthusiasm, Galina Cross.

Pictures will be posted periodically on our website www.houstongymnastics.org and follow the “[HGC/JCC Summer Camp](#)” link. Emails will be sent out weekly for updates, reminders and changes. If you have any specific questions, concerns or are not receiving any emails, please feel free to contact me at abenas@jcchouston.org, 713-729-3200 ext. 3242 or Tim Erwin, the Director of Gymnastics, at terwin@jcchouston.org or 713-729-3200 ext. 3272. We will be happy to answer any and all of your questions.

Adam Benas