

## Schedule

### Friday High Performance

8:00-8:30 Camp Orientation (Check-In, Camp Video, Camp Goals, Coaches Meeting)

8:30-9:00 Warm Up

9:00-2:15 Rotations

### Friday High Tech

2:45-3:15 Camp Orientation (Check-In, Camp Video, Camp Goals, Coaches Meeting)

3:15-3:45 Warm Up

3:45-9:00 Rotations

### Saturday High Performance

8:00-8:30 Warm up

8:30-1:45 Rotations

### Saturday High Tech

2:15-2:45 Warm up

2:45-8:00 Rotations

### Sunday High Performance & High Tech

9:00-11:30 Rotations of Presentations for gymnasts

9:00-11:30 Round Table and Master Clinician presentation of events for Coaches

**\*\*There will not be gymnastics rotations. Our presentations include**

**Judge, Interviewing skills, Injury Prevention, Collegiate Life as a Gymnast & Region 5 Spirit.**

**The gymnasts will be receiving their t shirt and camp photos will be taken.**

**Leotards are not necessary. However, the gymnasts will need to change into the t shirt.**

**Coaches will receive their shirt on Saturday. Please wear it on Sunday.**

\* Rotations will be 30 minutes on Friday, Saturday and Sunday

\*There will be a 15minute snack break during each session on Friday and Saturday, please bring a healthy snack.

\*Social Activity on Friday for College & Club Coaches. Saturday for Gymnasts. Please plan on attending. More info to follow.

