



Schedule

Friday Hot Shot

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**15 minute Snack Break @ 11:30

2:15-2:30 Camp Recap

Friday Super Camp

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**15 minute Snack Break @ 6:15

9:00-9:15 Camp Recap

Saturday Hot Shot

8:00-8:30 Warm up

8:30-1:45 Rotations**15 minute Snack Break @ 11:00

Camp Recap 1:45-2:00

Saturday Super Camp

2:15-2:45 Warm up

2:45-8:00 Rotations**15 minute Snack Break @5:15

Camp Recap 8:00-8:15

Sunday Hot Shot & Super Camp

8:45-9:00 Organization of Groups

9:00-11:30 Rotations for gymnasts/ Round table discussion for coaches

11:30-12:00 Camp Goodbye Region 5 Style