



## **Schedule**

### **Friday Forward Progress**

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 Hot Shot**

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 Forward Progress**

8:00-8:30 Warm up

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

Camp Recap 1:45-2:00

### **Saturday Hot Shot**

2:15-2:45 Warm up

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

Camp Recap 8:00-8:15

### **Sunday Forward Progress & Hot Shot**

8:45-9:00 Organization of Groups

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

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