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# **2017 Jr. Olympic Nationals Training Day Schedule – Jr.'s Friday, May 5<sup>th</sup>**

**Region 8 will split our Jr. athletes into four groups (one group on each event) on a sign-up sheet that will be available at the 7:45a meeting. We will have 30 mins. per event. There will be approx. 10 athletes per group and you will rotate in Olympic order from where you START.**

**7:45 a.m. – Mandatory Region 8 Coaches Meeting**

**8:00 a.m. – Stretch in JR. Gym**

**8:30 a.m. – Rotation # 1 in the Jr. Gym / Flight 1**

**9:00 a.m. - Rotation # 2 in the Jr. Gym / Flight 1**

**9:30 a.m. - Rotation # 3 in the Jr. Gym / Flight 1**

**10:00 a.m. - Rotation # 4 in the Jr. Gym / Flight 1**

**Coaches may decide to break the athletes up into two groups for 15 minutes each to facilitate apparatus changes.**



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# **2017 Jr. Olympic Nationals Training Day Schedule – Sr.'s Friday, May 5<sup>th</sup>**

Region 8 will split our Sr. athletes into four groups (one group on each event) on a sign-up sheet that will be available at the 7:45a meeting. We will have 30 mins. per event. There will be approx. 10 athletes per group and you will rotate in Olympic order from where you START.

**7:45 a.m. – Mandatory Region 8 Coaches Meeting**

**8:00 a.m. – Stretch in SR. Gym**

**8:30 a.m. – Rotation # 1 in the Sr. Gym / Flight 1**

**9:00 a.m. - Rotation # 2 in the Sr. Gym / Flight 1**

**9:30 a.m. - Rotation # 3 in the Sr. Gym / Flight 1**

**10:00 a.m. - Rotation # 4 in the Sr. Gym / Flight 1**

**Coaches may decide to break the athletes up into two groups for 15 minutes each to facilitate apparatus changes.**