

Region VIII Level 9/10/Elite Training Camp Schedule - Duluth, GA

Region 8 Training Camp Schedule

October 6-8, 2006

Ultimate Gymnastics - Duluth, Georgia

Friday, Oct. 6th

3:00-3:50	Registration at Ultimate Gymnastics Volunteers should report to Ultimate by 3:00
4:00 - 4:30	Introduction & Warmup - Brad Harris
4:30 - 5:10	Rotation 1
5:10 - 5:50	Rotation 2
5:50 - 6:30	Rotation 3
6:30 - 7:10	Rotation 4

Saturday Oct. 7th

8:00-10:00	Sessions on gym floor for coaches and judges
9:30-10:00	Warm-up
10:00-10:40	Rotation 5
10:40-11:20	Rotation 6
11:20-12:00	Rotation 7
12:00-12:40	Rotation 8
12:40-1:20	Rotation 9
1:20-2:20	Lunch and R&R
2:20-3:00	Rotation 10
3:00-3:40	Rotation 11
3:40-4:20	Rotation 12
4:20-5:00	Rotation 13
5:00-5:40	Rotation 14
5:40-6:20	Rotation 15

Sunday Oct. 8th

9:00-9:30	Stretch - Staff
9:30-10:10	Rotation 16
10:10-10:50	Rotation 17
10:50-12:00	Open Gym
12:00-12:30	Closing of Camp