

GAA TEAM PERFORMANCE CAMP

2024

FRIDAY

TIME	FLOOR	VAULT	MENTAL WORK	BARS SWING	DANCE	BEAM ACRO	FLOOR JUMPS, LEAPS TURNS	ACRO & TUMBLING	BARS CIRCLES	BEAM DANCE
9:00- 9:20	W A R M U P BY WHITNEY									
9:20-9:55	A	B	C	D	E	F	G	H	I	J
9:55-10:30	J	A	B	C	D	E	F	G	H	I
10:30-11:05	I	J	A	B	C	D	E	F	G	H
11:05-11:40	H	I	J	A	B	C	D	E	F	G
11:40-12:15	G	H	I	J	A	B	C	D	E	F
12:15-1:10	L U N C H									
1:10-1:30	W A R M U P BY CASS									
1:30-2:05	F	G	H	I	J	A	B	C	D	E
2:05-3:40	E	F	G	H	I	J	A	B	C	D
3:40-4:15	D	E	F	G	H	I	J	A	B	C
4:15-4:50	C	D	E	F	G	H	I	J	A	B
4:50-4:25	B	C	D	E	F	G	H	I	J	A
4:25-4:30	S T R E C H									

SATURDAY

TIME	FLOOR	VAULT	MENTAL WORK	BARS SWING	DANCE	BEAM ACRO	FLOOR JUMPS, LEAPS TURNS	ACRO & TUMBLING	BARS CIRCLES	BEAM DANCE
11:00- 11:30	W A R M U P BY L U K E									
11:30-12:05	F	G	H	I	J	A	B	C	D	E
12:05-12:40	E	F	G	H	I	J	A	B	C	D
12:40-1:15	D	E	F	G	H	I	J	A	B	C
1:15-1:50	C	D	E	F	G	H	I	J	A	B
1:50-2:25	B	C	D	E	F	G	H	I	J	A
2:25-3:25	L U N C H									
3:25-3:55	W A R M U P BY DEAVERA									
3:55-4:30	A	B	C	D	E	F	G	H	I	J
4:30-5:05	J	A	B	C	D	E	F	G	H	I
5:05-5:40	I	J	A	B	C	D	E	F	G	H
5:40-6:15	H	I	J	A	B	C	D	E	F	G
6:15-6:50	G	H	I	J	A	B	C	D	E	F
6:50-7:00	S T R E C H									

SUNDAY

TIME	FLOOR	VAULT	MENTAL WORK	BARS SWING	DANCE	BEAM ACRO	FLOOR JUMPS, LEAPS TURNS	ACRO & TUMBLING	BARS CIRCLES	BEAM DANCE
9:00- 9:20	W A R M U P BY K Y L E									
9:20-9:50	H	I	J	A	B	C	D	E	F	G
9:50-10:20	G	H	I	J	A	B	C	D	E	F
10:20-10:50	F	G	H	I	J	A	B	C	D	E
10:50-11:20	E	F	G	H	I	J	A	B	C	D
11:20-11:50	D	E	F	G	H	I	J	A	B	C
11:50-12:20	C	D	E	F	G	H	I	J	A	B
12:20-1:00	L U N C H									
1:00-1:15	W A R M U P BY S A M									
1:15-1:40	B	C	D	E	F	G	H	I	J	A
1:40-2:05	A	B	C	D	E	F	G	H	I	J
2:05-2:30	J	A	B	C	D	E	F	G	H	I
2:30-2:55	I	J	A	B	C	D	E	F	G	H
2:55-3:30	DANCE PERFORMANCE & AWARDS PRESENTATION									

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| 1 SAM & KYLE | = | BARS SWING |
| 2 CHARLIE DUTY & MIGUEL MILLER | = | BAR CIRCLES, MALONEYS & SHAPOSH |
| 3 LUKE & ALBA | = | VAULT |
| 4 CASSANDRA | = | BEAM ACRO |
| 5 WHITNEY | = | FLOOR |
| 6 LORILEE | = | FLOOR JUMP, LEAPS & TURNS |
| 7 NATALIE | = | BEAM JUMP, LEAPS & TURNS |
| 8 MEGAN | = | MENTAL PREPARATION & MOTIVATION |
| 9 DeAVERA | = | DANCE |
| 10 CEARA & KATI | = | ACROBATICS AND TUMBLING |