

# **Level 8-10 Regional Training Camp**

**October 15-17, 2021**

**HOSTED BY: Everest Gymnastics, NC**

Schedule

## **Friday, October 15th**

3:00-3:50 = Registration at Everest

4:00-4:30 = Introduction & Warm-up / 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

7:10-7:50 = Rotation # 5

## **Saturday, October 16th**

12:30-1:00 = Warm-up / Staff

1:00-1:40 = Rotation # 6

1:40-2:20 = Rotation # 7

2:20-3:00 = Rotation # 8

3:00-3:40 = Rotation # 9

3:40-4:20 = Snack Break & Quick Stretch

4:20-5:00 = Rotation # 10

5:00-5:40 = Rotation # 11

5:40-6:20 = Rotation # 12

## **Sunday, October 17th**

9:00-9:30 Warm-up / Staff

9:30-10:10 = Rotation # 13

10:10-10:50 = Rotation # 14

10:50-12:00 = Open Training

12:00 = Closing of Camp