

**HOME**

- **FACILITY**
- **GYM CAM**

ABOUT THE GYM**GYMNASTICS**

- **SCHEDULE**
- **VISITING GYMNASTS**

COMPETITIVE TEAM

- **MEET SCHEDULE**
- **PRACTICE SCHEDULE**
- **GYMNASTIC PROFILES**
- **MEET RESULTS**
- **SPONSORSHIPS**

DANCE

- **SCHEDULE**
- CHEERLEADING**
- **SCHEDULE**

AFTER SCHOOL PROGRAMS**BIRTHDAY PARTIES****FUN GYM****SUMMER PROGRAMS**

- **ALL DAY CAMP**
- **1/2 DAY GYMNASTIC CAMP**
- **1/2 DAY PRE-SCHOOL CAMP**

BEACH BREAK SUMMER CAMP

- **REGISTRATION FORM**
- **CAMP PICTURES**

BEACH BREAK COMPETITION

- **HOST HOTEL**
- **SCHEDULE**
- **ENTRY FORM**

RESULTS**SPONSORSHIPS****TEDDY BEAR TUMBLE**

- **HOST HOTEL**
- **SCHEDULE**
- **ENTRY FORM**
- **RESULTS**
- **SPONSORSHIPS**

STAFF

- HOURS & DIRECTIONS**
- RULES & POLICIES**
- CONTACT US**

**Friday, February 13****Session 1 - Boys Level 4 (Traditional Format)**

Carolina Gym (7), Charleston Twisters (2), First in Flight (6), Greenville Gymnastics (9), Gymmasters (5), Ocean Flippers (8), Thomas Gymnastics (8)

11:00a - General Stretch

11:15a-12:15p - Warm Up

12:15p-12:30p - March In

12:30p - 1:45p - Competition

1:45p-2:15p - Awards

Session 2 - Boys Level 5-10 (Traditional Warm Up 3, Compete 3)

Carolina Gym (7), Charleston Twisters (5), First In Flight (4), Florence (2), Gymmasters (8), Ocean Flippers (3), TAG (8), Greenville Gym (10), Thomas (4)

2:05p - General Stretch

2:35p-3:15p - Warm Up

3:15p - 3:30p - March In

3:30p-4:20p - Competition

4:20p-5:10p - Warm Up

5:10p - 6:00p - Competition

6:00p-6:30p - Awards

Session 3 - Girls Level 7 (Modified Capital Cup)

Florence (7), Ocean Flippers (8), Gym, Inc. (4), MEGA (3), Columbia Gym (6), Port City (10), Summerville (5)

6:15p - General Stretch

6:45p-7:00p - March In

7:00p-9:00p - Warm Up & Competition

9:00p-9:30p - Awards

Saturday, February 14

Session 4 - Girls Level 7 (Modified Capital Cup)

Premier Knoxville (21), Harrison YMCA (1), Charlotte Gym (2), Gym Gold (6), AGC (3), Top Notch (7), Tumblebees (2)

8:00a - General Stretch

8:15a-8:30a - March In

8:30a-10:30a - Warm Up & Competition

10:30a-11:00a - Awards

Session 5 - Girls Level 7 (Modified Capital Cup)

North Florida (3), TAG (4), North Raleigh (10), All Star (8), Sports Academy (4), Easley (9), First in Flight (4)

10:45a - General Stretch

11:15a - 11:30a - March In

11:30a - 1:30p - Warm Up & Competition

1:30p - 2:00p - Awards

Session 6 - Girls Level 8 (Modified Traditional)

Sports Academy (4), MEGA (4), North Florida (4), TAG (3), Columbia (3), Easley (11), Port City (1), Ocean Flippers (3), Tumblebees (1), All Star (2), First in Flight (4), Gym, Inc. (1), Hilton Head (2)

1:45p - General Stretch

2:15p-2:30p - March In

2:30p - 5:50p - Warm Up & Competition

5:50p - 6:20p - Awards

Session 7 - Girls Level 9 & 10 (Modified Traditional)

MEGA (2), North Florida (4), TAG (3), Port City (1), Summerville (3), Ocean Flippers (10), Tumblebees (3), North Raleigh (1), Top Notch (1), Charleston Twisters (2), Easley (2), First in Flight (3), Gym, Inc. (1), Sandhills (1)

6:00p - General Stretch

6:30p-6:45p - March In

6:45p-9:45p - Competition

9:45p - 10:00p - Awards

Sunday, February 15**Session 8 - Prep Optional Bronze & Silver (Modified Capital Cup)**

Premier Knoxville (PS=10), Harrison YMCA (PB=7), Easley (PS=6), Gym Inc. (PB=5, PS=4), Premier West (PS=3), Sandhills (PB=1), Tumblebees (PB=12), Easley (PB=1)

8:00a - General Stretch

8:15a - 8:30a - March In

8:30a -10:30a - Warm Up & Competition

10:30a - 11:00a - Awards

Session 9 - Prep Optional Silver, Gold & Level 3's (Mod. Capital Cup)

Ocean Flippers (PS=1, PG=10), North Raleigh (PS=14), Charleston Gym (PS=7), Murrells Inlet Flip Flops (L3=4), Harrison YMCA (PG=5), Sandhills (L3=9)

10:45a - General Stretch

11:15a - 11:30a - March In

11:30a - 1:30p Warm Up & Competition

1:30p - 2:00p - Awards

Session 10 - Prep Optional Gold (Modified Capital Cup)

Premier Knoxville (22), Tumblebees (12), North Raleigh (12), Premier West (6)

1:45p - General Stretch

2:15p - 2:30p - March In
 2:30p - 4:30p - Warm Up & Competition
 4:30p - 5:00p - Awards

Session 11 - Prep Optional Platinum & Level 6 (Modified Capital Cup)

MEGA (L6=2), Columbia Gym (L6=1), Florence (L6=4), Tumblebees (PP=4), North Raleigh (PP=9), All Star (PP=5), Premier West (PP=4), Top Notch (PP=2, L6=4), Sports Academy (L6=2), Charleston Twisters (L6=4), Easley (L6=4), Charleston Gym (PP=3), Gym Inc. (L6=4), Charlotte Gym (L6=2), Premier Knoxville (PP=3)

4:45p - General Stretch
 5:15p - 5:30p - March In
 5:30p - 7:30p - Warm Up & Competition
 7:30p - 8:00p - Awards

Monday, February 16

Session 12 - Girls Level 4 (Modified Capital Cup)

Florence (9), Summerville (20), Ocean Flippers (13), Top Notch (3), Columbia (7)

8:00a - General Stretch
 8:15a - 8:30a - March In
 8:30a - 10:30a - Warm Up & Competition
 10:30a - 11:00a - Awards

Session 13 - Girls Level 4 (Modified Capital Cup)

MEGA (2), Sports Academy (6), Charleston Twisters (13), Easley (6), Gym Inc. (17), Renegade (3), Sandhills (2), LemPossible (4)

10:45a - General Stretch
 11:15a-11:30a - March In
 11:30a-1:30p - Warm Up & Competition
 1:30p-2:00p - Awards

Session 14 - Girls Level 4 & 5 (Modified Capital Cup)

MEGA (L5=3), LemPossible (L5=1), Charlotte Gym (L4=2, L5=1), Murrells Inlet (L4=11, L5=6), AGC (L4=8), First in Flight (L5=4), Florence (L5=7), Easley (L5=6)

1:45p - General Stretch
 2:15p - 2:30p - March In
 2:30p - 4:30p - Warm Up & Competition
 4:30p - 5:00p - Awards

Session 15 - Girls Level 5 (Modified Capital Cup)

Columbia (5), Sandhills (3), Gym Inc. (13), Summerville (5), Ocean Flippers (6), Top Notch (6), Sports Academy (4), Charleston Twisters (7), Renegade (4), Hilton Head (3)

4:45p - General Stretch
 5:15p - 5:30p - March In
 5:30p-7:30p - Warm Up & Competition
 7:30p-8:00p - Awards

Copyright © 2009 Gymnastics & More. All Rights Reserved