

R 8 “Nationals Team” Training Camp

September 17-19, 2021

HOSTED BY: AUBURN UNIVERSITY - AUBURN, AL
Schedule

Friday, September 17

3:00-3:50 = Registration at Auburn Gym
4:00-4:30 = Introduction & Warm-up / Brad Harris
4:30-5:20 = Rotation # 1
5:20-6:10 = Rotation # 2
6:10-7:00 = Rotation # 3
7:00-7:50 = Rotation # 4

Saturday, September 18

11:30-12:00 = Warm-up / Staff
12:00-12:50 = Rotation # 5
12:50-1:40 = Rotation # 6
1:40-2:30 = Rotation # 7
2:30-3:10 = Snack Break & Quick Stretch
3:10-4:00 = Rotation # 8
4:00-4:50 = Rotation # 9
4:50-5:40 = Rotation # 10
5:40-6:30 = Rotation # 11

Sunday, September 19

9:00-9:30 Warm-up / Staff
9:30-12:00 = OPEN TRAINING
12:00 = Closing of Camp
