

# **R 8 “Nationals Team” Training Camp**

**September 9-11, 2022**

**HOSTED BY: UNIVERSITY OF ALABAMA - TUSCALOOSA, AL**

**Tentative Schedule**

**Start and end times will not change**

## **Friday, September 9**

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3:00-3:50 = Registration at U of AL Gym

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

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4:30-5:20 = Rotation # 1

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5:20-6:10 = Rotation # 2

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6:10-7:00 = Rotation # 3

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7:00-7:50 = Rotation # 4

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## **Saturday, September 10**

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11:30-12:00 = Warm-up / Staff

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12:00-12:50 = Rotation # 5

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12:50-1:40 = Rotation # 6

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1:40-2:30 = Rotation # 7

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2:30-3:10 = Snack Break & Quick Stretch

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3:10-4:00 = Rotation # 8

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4:00-4:50 = Rotation # 9

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4:50-5:40 = Rotation # 10

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5:40-6:30 = Rotation # 11

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## **Sunday, September 11**

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

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9:30-12:00 = OPEN TRAINING

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12:00 = Closing of Camp

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