

R 8 “L 6/7/8 ” Training Camp

July 12-14, 2024

HOSTED BY: TAMPA BAY TURNERS, FL

Schedule

Friday, July 12th

3:00-3:50 = Registration at TBT Gymnastics

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

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, July 13th

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

12:00-12:40 = Rotation # 6

12:40-1:20 = Rotation # 7

1:20-2:00 = Rotation # 8

2:00-2:40 = Rotation # 9

2:40-3:10 = Snack and Quick Stretch on your own

3:10-3:50 = Rotation # 10

3:50-4:30 = Rotation # 11

4:30-5:10 = Rotation # 12

Sunday, July 14th

9:00-9:20 Warm-up / Staff

9:20-10:00 = Rotation # 13

10:00-11:45 = OPEN TRAINING

12:00 = Closing of Camp
