

Level 8,9,10 Training Camp

October 18-20, 2024

HOSTED AT: CLARKSVILLE ELITE GC

Schedule

Friday, Oct 18th

Tentative Schedule

Start and end times will not change

Friday, October 18th

3:00-3:50 = Registration at Clarksville Elite Gymnastics Center

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, October 19th

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

2:40-3:20 = Snack Break & Quick Stretch

3:20-4:00 = Rotation # 10

4:00-4:40 = Rotation # 11

4:40-5:10 = Rotation # 12

Sunday, October 20th

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

9:30-10:10 = Rotation # 13

10:10-10:50 = Rotation # 14

10:50-11:30 = Rotation # 15

11:30-12:00 = Open Training

12:00 = Closing of Camp