

2025 POLISH CLINIC

COPPER, BRONZE, SILVERS

8:45 - 9:00 AM | Check in with Coach
9:00 - 9:05 AM | Warm-Up (5 min)
9:05 - 9:15 AM | Stretch (10 min)
9:15 - 9:20 AM | Quick Introductions (5 min)
9:20 - 9:48 AM | Station 1 (28 min)
9:48 - 9:50 AM | Rotate (2 min)
9:50 - 10:18 AM | Station 2 (28 min)
10:18 - 10:20 AM | Rotate (2 min)
10:20 - 10:48 AM | Station 3 (28 min)
10:48 - 10:50 AM | Rotate (2 min)
10:50 - 11:18 AM | Station 4 (28 min)
11:18 - 11:20 AM | Rotate (2 min)
11:20 - 11:48 AM | Station 5 (28 min)
11:48 - 11:50 AM | Rotate (2 min)
11:50 - 12:18 PM | Station 6 (28 min)
12:18 - 12:25 PM | Group Picture & Closing Remarks

12:30 - 1:15 PM | FREE PARENTS MASTER CLASS

12:30 - 1:15 PM | Judges & Coaches Break for Lunch

GOLD & UP

1:15 - 1:30 PM | Check in with Coach
1:30 - 1:35 PM | Warm-Up (5 min)
1:35 - 1:45 PM | Stretch (10 min)
1:45 - 1:50 PM | Quick Introductions (5 min)
1:50 - 2:18 PM | Station 1 (28 min)
2:18 - 2:20 PM | Rotate (2 min)
2:20 - 2:48 PM | Station 2 (28 min)
2:48 - 2:50 PM | Rotate (2 min)
2:50 - 3:18 PM | Station 3 (28 min)
3:18 - 3:20 PM | Rotate (2 min)
3:20 - 3:48 PM | Station 4 (28 min)
3:48 - 3:50 PM | Rotate (2 min)
3:50 - 4:18 PM | Station 5 (28 min)
4:18 - 4:20 PM | Rotate (2 min)
4:20 - 4:48 PM | Station 6 (28 min)
4:48 - 4:55 PM | Group Picture & Closing Remarks

A

Charlotte Allstars - XB

B

New River - XC & XB

C

Gym Unlimited All & New River XS

D

Carolina Flipz & PB - XC & XB

E

Perfect Balance - XS

F

Charlotte Allstars & Flipz - XS

Stations

	1	2	3	4	5	6
VAULT-Crystal	A	F	E	D	C	B
BARS-Jackie	B	A	F	E	D	C
Flexibility -Courtney	C	B	A	F	E	D
BEAM-Carey	D	C	B	A	F	E
FLOOR-Kimberly	E	D	C	B	A	F
Dance-Jenna	F	E	D	C	B	A

A

New River - XG & XD

B

Gym Unlimited - XG

C

Perfect Balance - XG & XP

D

Carolina Flipz - XP (6)

E

Carolina Flipz - XG

F

Carolina Flipz XP (5) & XD (1)