

ayon2



Practice Schedule—**This is not intended as a full practice**. It is intended to familiarize your athletes on competition equipment. Please adhere to the time schedule. If you have an issue with the time that has been assigned to you please e-mail Margie at <u>mcc134@hotmail.com</u> and she will try to adjust the times for your gymnasts. If times are adjusted I will send out a "revised" practice schedule to the lead/liaison coaches with the latest version.

FLIGHT (EQUIPMENT) A						FLIGHT (EQUIPMENT) B				
	Open stretch will take place on the tumble strip, floor warm up will take place on the full floor exercise.				Workout on Thursday May 16 th 2018	Open stretch will take place on the tumble strip, floor warm up will take place on the full floor exercise.				
	VAULT	BARS	BEAM	FLOOR			VAULT	BARS	BEAM	FLOOR
	Open stretch will take place on the tumble strip, floor						Open stretch will take place on the tumble strip, floor			
12:00- 12:30	warm up will take place on the full floor exercise					12:00- 12:30	warm up will take place on the full floor exercise			
12;30- 12:55	WI WI	NJ NJ	MI MI	MA MA		12;30- 12:55	WA WA	IL IL	CT CT	TX IN/VA
12:55- 1:20	MA MA	WI WI	NJ NJ	MI MI		12:55- 1:20	TX IN/VA	WA WA	IL IL	CT CT
1:20- 1:45	MI MI	MA MA	WI WI	NJ NJ		1:20- 1:45	CT CT	TX IN/VA	WA WA	IL IL
1:45- 2:10	NJ NJ	MI MI	MA MA	WI WI		1:45- 2:10	IL IL	CT CT	TX IN/VA	WA WA