**CAMP SCHEDULE**

**Monday and Wednesday:**

9:30-10:00 Check in at gym.

10:00-10:30 Go over camp, info, equipment, groups.

10:30-11:00 1st Rotation: **1@Rachel, 2@Deb, 3@Conditioning, 4@Air Track, 5@Floor, 6@Air Track**

11:00-11:30 2nd Rotation: **1@Deb, 2@Conditioning, 3@Air Track, 4@Floor, 5@Air Track , 6@Rachel**

11:30-12:00 3rd Rotation: **1@Conditioning, 2@Air track, 3@Floor, 4@Air track, 5@Rachel, 6@Deb**

12:00-12:45 **LUNCH BREAK**

12:45-1:00 Skill Demo

1:00-2:00 Stunting drills with Deb 1st ½ hour, Open Gym/Coaches Round table with Deb and Rachel 2nd ½ hour

2:00-2:30 4th Rotation**: 1@Air Track, 2@Floor, 3@Air Track, 4@Rachel, 5@Deb, 6@Conditioning**

2:30-3:00 5th Rotation**: 1@Floor 2@Air Track, 3@Rach, 4@Deb, 5@Conditioning, 6@Air Track**

3:00-3:30 6th Rotation: **1@Air Track, 2@Rachel, 3@Deb, 4@Conditioning, 5@Air Track, 6@Floor**

3:30-5:00 Skill Demo then Open Gym

**TUBING BEHIND BOAT IS FROM 6:00 PM-DARK.**

**Definition of Stations:**

**Air Track**: Tumbling and twisting drills on Air Tracks.

**Floor**: Tumbling and mat drills and progressions.

**Conditioning**: Conditioning station for exercises to take home.

**Rachel**: Breaking down the score sheet, skills and routines to score higher.

**Deb**: Clean and work on jumps, voices, timing to build a championship team.

**CAMP SCHEDULE**

**Tuesday and Thursday:**

9:30-10:00 Skill Demo

10:00-10:30 Warm up and stretch for camp.

10:30-11:00 1st Rotation: **1@Rachel, 2@Deb, 3@Conditioning, 4@Air Track, 5@Floor, 6@Air Track**

11:00-11:30 2nd Rotation: **1@Deb, 2@Conditioning, 3@Air Track, 4@Floor, 5@Air Track , 6@Rachel**

11:30-12:00 3rd Rotation: **1@Conditioning, 2@Air track, 3@Floor, 4@Air track, 5@Rachel, 6@Deb**

12:00-12:45 **LUNCH BREAK**

12:45-1:00 Skill Demo

1:00-2:00 Stunting drills with Deb 1st ½ hour, Open Gym/Coaches Round table with Deb and Rachel 2nd ½ hour

2:00-2:30 4th Rotation**: 1@Air Track, 2@Floor, 3@Air Track, 4@Rachel, 5@Deb, 6@Conditioning**

2:30-3:00 5th Rotation**: 1@Floor 2@Air Track, 3@Rach, 4@Deb, 5@Conditioning, 6@Air Track**

3:00-3:30 6th Rotation: **1@Air Track, 2@Rachel, 3@Deb, 4@Conditioning, 5@Air Track, 6@Floor**

3:30-5:00 Skill Demo then Open Gym

**Tubing behind boat on Tuesday is 7PM-Dark for teams that stay.**

**Definition of Stations:**

**Air Track**: Tumbling and twisting drills on Air Tracks.

**Floor**: Tumbling and mat drills and progressions.

**Conditioning**: Conditioning station for exercises to take home.

**Rachel**: Breaking down the score sheet, skills and routines to score higher.

**Deb**: Clean and work on jumps, voices, timing to build a championship team.