**CAMP SCHEDULE**

**MONDAY AND WEDNESDAY**

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

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

**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 Coaches with Dee @ 11:00-12:00 in teachers lounge.**

**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**

**1:00-1:30 Stunts: Beginners in balcony, advanced on main gym floor 1:30-2:00 Open gym**

**2:00-2:30 4th Rotation: 1@Air Track, 2@Floor, 3@Air Track, 4@Rachel, 5@Deb, 6@Conditioning Coaches with Dee @ 2:00-3:00 in teachers lounge.**

**2:30-3:00 5th Rotation: 1@floor, 2@Air Track, 3@Rachel, 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 AND OPEN GYM**

**TUBING BEHIND BOAT IS FROM 7:00 PM-DARK**

**PIZZA AND ICE CREAM IN HOTEL LOBBY**

**TEAM TIME AND WATER PARK AT HOTEL/BEACH**

**DEFINITION OF STATIONS: AIR TRACK: Tumbling and twisting drills. FLOOR: Tumbling and mat drills. CONDITIONING: Exercise & conditioning ideas. RACHEL: Skill breakdown. DEB: Jumps, voices, and cleanup.**

**CAMP SCHEDULE**

**TUESDAY AND THURSDAY**

**9:30-10:00 Skill Demo**

**10:00-10:30 Warm up and Coaches meeting**

**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 Coaches with Dee @ 11:00-12:00 in teachers lounge.**

**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**

**1:00-1:30 Stunts: Beginners in balcony, advanced on main gym floor 1:30-2:00 Open gym.**

**2:00-2:30 4th Rotation: 1@Air Track, 2@Floor, 3@Air Track, 4@Rachel, 5@Deb, 6@Conditioning Coaches with Dee @ 2:00-3:00 in teachers lounge.**

**2:30-3:00 5th Rotation: 1@floor, 2@Air Track, 3@Rachel, 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 AND OPEN GYM**

**TUBING BEHIND BOAT IS FROM 7:00 PM-DARK FOR THE TEAMS THAT ARE STAYING**

**DEFINITION OF STATIONS: AIR TRACK: Tumbling and twisting drills. FLOOR: Tumbling and mat drills. CONDITIONING: Exercise & conditioning ideas. RACHEL: Skill breakdown. DEB: Jumps, voices, and cleanup.**