

**Thursday
May 16th
2019**

Practice Schedule



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 mcc134@hotmail.com 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					Workout on Thursday May 16th 2019	FLIGHT (EQUIPMENT) B				
Open stretch will take place on the tumble strip, floor warm up will take place on the full floor exercise.						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		
12:00-12:30 Open stretch will take place on the tumble strip, floor warm up will take place on the full floor exercise					12:00-12:30 Open stretch will take place on the tumble strip, floor warm up will take place on the full floor exercise					
12:30-1:00	MA WI	MA MA	CT IL	CT CT	12:30-1:00	TX TX/RI	MI MI	WA WA	NJ MG	
1:00-1:30	CT CT	MA WI	MA MA	CT IL	1:00-1:30	NJ MG	TX TX/RI	MI MI	WA WA	
1:30-2:00	CT IL	CT CT	MA WI	MA MA	1:30-2:00	WA WA	NJ MG	TX TX/RI	MI MI	
2:00-2:30	MA MA	CT IL	CT CT	MA WI	2:00-2:30	MI MI	WA WA	NJ MG	TX TX/RI	

MG=Mixed Group= PA, NH, VA, IN