**CAMP SCHEDULE**

**TUESDAY AND THURSDAY**

**9:30-10:00: CHECK IN AT GYM**

**10:00-10:15: INTRO OF STAFF/CAMP INFO/EQUIPMENT**

**10:15: DIVIDE INTO 3 LEVELS/ COACHES MEETING (MS LEVEL 4)**

**10:30-11:00: LEVEL 1 AIR TRACK, LEVEL 2 CONDITIONING, LEVEL 3 LINE DRILLS, LEVEL MS JUMP DRILLS**

**11:00-11:30: LEVEL 1 LINE DRILLS, LEVEL 2 JUMPS/DRILLS, LEVEL 3 CONDITIONING, LEVEL MS AIR TRACK**

**11:30-12:00: LEVEL 1 JUMPS/DRILLS, LEVEL 2 LINE DRILLS, LEVEL 3 AIR TRACK, LEVEL MS CONDITIONING**

**12:00-12:30: LEVEL 1 CONDITIONING, LEVEL 2 AIRTRACK, LEVEL 3 JUMPS/DRILL, LEVEL MS LINE DRILLS**

**12:30-1:15 LUNCH**

**1:15 CAMP PHOTO**

**1:30-2:15 STUNT BASICS ALL TOGETHER**

**2:15-3:00 STUNT STATIONS: BEGINNER (SPONGES,ELEVATORS) INTERMEDIATE (CRADLES,EXTENSIONS) ADVANCED (LIBS,360'S)**

**3:00-3:15 SNACK/BREAK**

**3:15-4:00: BREAKING DOWN JUMP PREP (ALL TOGETHER)**

**4:00-5:00: OPEN GYM, YOU MAY WORK AS A TEAM ON STUNTS, WORK WITH DEB OR RACHEL, OR TUMBLE.**

**COACHES: AT 4:30 WE WILL HAVE A COACHES MEETING TO DISCUSS DAY.**

**TUBING AT HOTEL, PIZZA, AND ICE CREAM IN LOBBY.**

**CAMP SCHEDULE**

**WEDNESDAY AND FRIDAY**

**10:00 CHECK IN AT GYM/ DEMO WITH RAMON.**

**10:30: LEVEL 1 AIR TRACK, LEVEL 2 LINE DRILLS, LEVEL 3 MOTIONS.**

**11:00: LEVEL 1 LINE DRILLS, LEVEL 2 MOTIONS, LEVEL 3 AIR TRACK.**

**11:30: LEVEL 1 MOTIONS, LEVEL 2 AIR TRACK, LEVEL 3 LINE DRILLS.**

**12:00-1:00: LUNCH**

**1:00-1:40 STUNT (SAME LEVELS AS DAY 1) BEGINNER, INTERMEDIATE, ADVANCED**

**1:40-2:00: FLEXIBILITY (ALL TOGETHER)**

**2:00-2:15 BREAK/TEAM SNACK**

**2:15-2:30 DEMO WITH RAMON**

**2:30-3:30 OPEN GYM, YOU MAY WORK AS A TEAM ON STUNTS, WORK WITH DEB OR RACHEL, OR TUMBLE**

**3:30-4:00 CLOSING/AWARDS**

**TEAMS STAYING TUESDAY EVENING TUBING, PIZZA, AND ICE CREAM AT HOTEL**