TUESDAY AND THURSDAY DAY 1

9:30-10:00 CHECK IN AT GYM

10:00-10:30 INTRO OF STAFF AND DEMO OF SHAPES/AIR TRACK DEMO

10:30- 10:45 WARM UP/COACHES MEETING

10:45-11:15 STUNTING BASICS, SPONGES, SHOULDER SHRUGS, ELEVATORS

11:15-12:00  STUNTS,  BEGINNER, INTERMEDIATE, AND ADVANCE

12:00-12:15 SPONGE CONTEST

12:15 CAMP PHOTO

12:30-1:30 LUNCH

1:30-1:45  BREAK INTO LEVELS/WARM UP

1:45-2:15 LEVEL 1 AIR TRACK, LEVEL 2 CONDITIONING, LEVEL 3 LINE DRILLS, LEVEL 4 JUMP DRILLS

2:15-2:45  LEVEL 1 LINE DRILLS, LEVEL 2 JUMPS DRILLS, LEVEL 3 CONDITIONING,  LEVEL 4 AIR TRACK

2:45-3:15  LEVEL 1 JUMP DRILLS, LEVEL 2 LINE DRILLS, LEVEL 3 AIR TRACK, LEVEL 4 CONDITIONING

3:15-3:45 LEVEL 1 CONDITIONING,  LEVEL 2 AIR TRACK, LEVEL 3 JUMP DRILLS, LEVEL 4 LINE DRILLS

3:45-4:00 BREAK

4:00-5:00 OPEN GYM

WEDNESDAY AND FRIDAY DAY 2

10:00 CHECK IN AT GYM/DEMO

10:30-10:45  WARM UP/COACHES MEETING

10:45-11:30 STUNTS, BEGINNER, INTERMEDIATE, AND ADVANCE

11:30 elevator/sponge/elevator contest and extension/sponge/extension contest lib hold contest. ( they can choose to do one or all 3) beginners will probably be capped at elevator level.

12:00-1:00 LUNCH

1:00-1:30  LEVEL 1 AIR TRACK, LEVEL 2 CONDITIONING, LEVEL 3 LINE DRILLS, LEVEL 4 MOTIONS

1:30-2:00  LEVEL 1 LINE DRILLS, LEVEL 2 MOTIONS, LEVEL 3 CONDITIONING,  LEVEL 4 AIR TRACK

2:00-2:30 LEVEL 1 MOTIONS, LEVEL 2 LINE DRILLS, LEVEL 3 AIR TRACK, LEVEL 4 CONDITIONING

2:30-3:00 LEVEL 1 CONDITIONING, LEVEL 2 AIR TRACK, LEVEL 3 MOTIONS, LEVEL 4 LINE DRILLS

3:00 HANDSTAND CONTEST/WALKING ON HANDS

3:15-3:45 OPEN GYM

3:45-4:00 CLOSING/AWARDS