

**Thursday
May 14th
2020**

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 14th 2020	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	
11:00-11:30	Open stretch will take place on the tumble strip, floor warm up will take place on the full floor exercise					11:00-11:30	Open stretch will take place on the tumble strip, floor warm up will take place on the full floor exercise			
11:30-12:00						11:30-12:00				
12:00-12:30						12:00-12:30				
12:30-1:00						12:30-1:00				
1:00-1:30						1:00-1:30				

MG=Mixed Group=

**8:00 Mandatory Coaches and Gymnasts
Meeting at DiamondHead**