**CAMP SCHEDULE**

**MONDAY AND WEDNESDAY**

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

**10:00-10:30: INTRO OF STAFF/CAMP INFO/EQUIPMENT/STAFF BUDDIES**

**10:30: DIVIDE INTO 3 LEVELS/ COACHES MEETING**

**10:45: DEMO OF SHAPES WITH STAFF**

**11:15: LEVEL 1 AIR TRACK, LEVEL 2 LINE DRILLS, LEVEL 3 CONDITIONING**

**11:45: LEVEL 1 LINE DRILLS, LEVEL 2 CONDITIONING, LEVEL 3 AIR TRACK**

**12:15: LEVEL 1 CONDITIONING, LEVEL 2 AIR TRACK, LEVEL 3 LINE DRILLS.**

**12:45-1:30: LUNCH**

**1:30-2:00: LEVEL 1 CAFETERIA, LEVEL 2&3 GYM. STUNT DEMO WITH JUDGES TALKING ABOUT DEDUCTIONS. DEE LEVEL 1 RACHEL LEVEL 2/3**

**2:00-2:30: TEAMS WORKING WITH STAFF BUDDY/STUNTS.**

**2:30-3:00: ALL TEAMS IN GYM LEARNING MOTION DRILLS WITH RACHEL.**

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

**3:15-3:45 ALL TEAMS IN GYM STUNTING TO COUNTS WITH DEB.**

**3:45-5:00 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.**

**7-10 PM: TUBING AT HOTEL, PIZZA, AND ICE CREAM IN LOBBY.**

**CAMP SCHEDULE**

**TUESDAY AND THURSDAY**

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

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

**11:15: LEVEL 1 LINE DRILLS, LEVEL 2 CONDITIONING, LEVEL 3 AIR TRACK.**

**12:00: LEVEL 1 CONDITIONING, LEVEL 2 AIR TRACK, LEVEL 3 LINE DRILLS.**

**12:45-1:30: LUNCH**

**1:30-2:00: LEVEL 1 CAFETERIA, LEVEL 2&3 GYM. SKILL DEMO WITH JUDGES TALKING ABOUT DEDUCTIONS. DEE LEVEL 1 RACHEL LEVEL 2/3**

**2:00-2:30: TEAMS WORKING WITH STAFF BUDDY/STUNTS**

**2:30-3:00: ALL TEAMS IN GYM, LEARNING MOTION DRILLS WITH RACHEL**

**3:00-3:15: CAMP PICTURE**

**3:15-3:45: ALL TEAMS IN GYM, STUNTING TO COUNTS WITH DEB**

**3:45-4:30: OPEN GYM, YOU MAY WORK AS A TEAM ON STUNTS, WORK WITH DEB OR RACHEL, OR TUMBLE**

**4:30: CLOSING/AWARDS**

**7-10 PM TUESDAY EVENING TUBING, PIZZA, AND ICE CREAM AT HOTEL**