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2008 Jr. Olympic Nationals Training Day Schedule – **Jr.'s Friday, May 16th**

Every athlete from Region 8 will train with their age group teammates – NO EXCEPTIONS!

1:30 – Mandatory Region 8 Coaches Meeting

2:00 p.m. – Stretch in Warm up gym

**2:30 p.m. – Jr. Gym = A's and B's – UB
C's and D's – FX**

**3:00 p.m. - Jr. Gym = C's and D's – UB
A's and B's – FX**

**3:30 p.m. - Jr. Gym = A's and B's – V
C's and D's – BB**

**4:00 p.m. - Jr. Gym = C's and D's – V
A's and B's – BB**

4:30 p.m. – Additional Training Time is available in the warm-up gym until 5:30 p.m. if you so desire.



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2008 Jr. Olympic Nationals Training Day Schedule – **Sr.'s** Friday, May 16th

Every athlete from Region 8 will train with their age group teammates – NO EXCEPTIONS!

1:30 – Mandatory Region 8 Coaches Meeting

2:00 p.m. – Stretch in Warm up gym

**2:30 p.m. – Sr. Gym = A's and B's – UB
C's and D's – FX**

**3:00 p.m. - Sr. Gym = C's and D's – UB
A's and B's – FX**

**3:30 p.m. - Sr. Gym = A's and B's – V
C's and D's – BB**

**4:00 p.m. - Sr. Gym = C's and D's – V
A's and B's – BB**

4:30 p.m. – Additional Training Time is available in the warm-up gym until 5:30 p.m. if you so desire.