

REGION 8 TRAINING CAMP

Hosted by: Salem Gymnastics – North Carolina

Friday, October 5, 2007

3:00* -3:50 = Registration at Salem Gymnastics

**Volunteer Coaches and judges should report to Salem Gym by 3:00 p.m.*

4:00-4:30 = Introduction & warm-up / Brad Harris

4:30-5:10 = Rotation # 1

5:10-5:50 = Rotation # 2

5:50-6:30 = Rotation # 3

6:30-7:10 = Rotation # 4

7:10-7:50 = Rotation # 5

Saturday, October 6, 2007

12:00-12:30 = Warm-up / Staff

12:30-1:10 = Rotation # 6

1:10-1:50 = Rotation # 7

1:50-2:30 = Rotation # 8

2:30-3:10 = Rotation # 9

3:10-4:00 = Rotation # 10

4:00-4:30 = Snack Break

4:30-5:10 = Rotation # 11

5:10-6:00 = Rotation # 12

6:00-6:40 = Rotation # 13

6:40 = Trivia Game answers and Group Awards

Sunday, October 7, 2007

9:00-9:30 Warm-up / Staff

9:30-12:00 = Open Gym

12:00 = Closing of Camp