



BOYS GYMNASTICS CAMP I TENTATIVE SCHEDULE

Equipment:

- Personal workout clothes
- Grips
- Gymnastics Shoes (if using)
- Athletics Shoes
- Gym bag to carry items
- Personal water bottle
- No personal equipment will be shared during camp.

Friday, July 12, 2024

8:45 a.m. – 9:30 a.m.	Check-in, White Building
9:30 a.m. – 9:45 a.m.	Orientation & Grouping
9:45 a.m. – 10:00 a.m.	Warm-up
10:00 a.m. – 10:40 a.m.	Rotation 1
10:40 a.m. – 11:20 a.m.	Rotation 2
11:20 a.m. – 12:00 p.m.	Rotation 3
12:00 p.m. – 1:00 p.m.	Lunch (Bring your own lunch)
1:00 p.m. - 1:15 p.m.	Warm-up
1:15 p.m. – 4:00 p.m.	Open Workout
4:00 p.m.	Depart, White Building

Saturday, July 13, 2024

9:30 a.m. – 9:45 a.m.	Arrive at White Building
9:45 a.m. – 10:00 a.m.	Warm-up
10:00 a.m. – 10:40 a.m.	Rotation 4
10:40 a.m. – 11:20 a.m.	Rotation 5
11:20 a.m. – 12:00 p.m.	Rotation 6
12:00 p.m. – 1:00 p.m.	Lunch (Bring your own lunch)
1:00 p.m. -1:15 p.m.	Warm-up
1:15 p.m. – 4:00 p.m.	Open Workout
4:00 p.m.	Camp Ends, Depart, White Building