

Team Camp

Sample Daily Schedule

9:00	Warm Up
9:15	Group Meeting
9:30	Tumble Trak
10:00	Snack
10:15	Bars
11:00	Beam
12:00	Lunch
12:45	Aud Floor

1:15	Floor
2:00	Vault
2:45	Beam
3:15	Bars
4:00	Dismissal
3:30	Bars
4:00	Dismissal