



[www.region8gymnastics.org](http://www.region8gymnastics.org)

## **2009 Jr. Olympic Nationals Training Day Schedule – **Jr.'s** Thursday, May 14<sup>th</sup>**

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

**7:30 a.m. – Mandatory Region 8 Coaches Meeting**

**8:00 a.m. – Stretch in Warm up gym**

**8:30 a.m. – Jr. Gym = A's and B's – UB  
C's and D's – FX**

**9:00 a.m. - Jr. Gym = C's and D's – UB  
A's and B's – FX**

**9:30 a.m. - Jr. Gym = A's and B's – V  
C's and D's – BB**

**10:00 a.m. - Jr. Gym = C's and D's – V  
A's and B's – BB**

**10:30 a.m. – Additional Training Time is available in the warm-up gym until 11:30 a.m. if you so desire.**



[www.region8gymnastics.org](http://www.region8gymnastics.org)

## 2009 Jr. Olympic Nationals Training Day Schedule – **Sr.'s** Thursday, May 14<sup>th</sup>

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

**7:30 a.m. – Mandatory Region 8 Coaches Meeting**

**8:00 a.m. – Stretch in Warm up gym**

**8:30 a.m. – Sr. Gym = A's and B's – UB  
C's and D's – FX**

**9:00 a.m. - Sr. Gym = C's and D's – UB  
A's and B's – FX**

**9:30 a.m. - Sr. Gym = A's and B's – V  
C's and D's – BB**

**10:00 a.m. - Sr. Gym = C's and D's – V  
A's and B's – BB**

**10:30 a.m. – Additional Training Time is available in the warm-up gym until 11:30 a.m. if you so desire.**