

Region 8 Level 7 & 8 Training Camp

July 23-25, 2010

Hosted by: Tampa Bay Turners - FL

Friday, July 23

2:00 – 2:50 = Registration at Tampa Bay Turners

*Volunteer Coaches and judges should report to Tampa Bay Turners by 2:00 p.m.

3:00-3:30 = Introduction & warm-up / Brad Harris

3:30-4:10 = Rotation # 1

4:10-4:50 = Rotation # 2

4:50-5:30 = Rotation # 3

5:30-6:10 = Rotation # 4

6:10-6:50 = Rotation # 5

6:50-7:30 = Rotation # 6

7:30 = Day 1 Closing

Saturday, July 24

11:30-12:00 = Warm-up / Staff

12:00-12:40 = Rotation # 7

12:40-1:20 = Rotation # 8

1:40-2:10 = Food Break

2:10-2:30 = Quick Stretch / Staff

2:30-3:05 = Rotation # 9 (Start Over)

3:05-3:40 = Rotation # 10

3:40-4:15 = Rotation # 11

4:15-4:50 = Rotation # 12

4:50-5:25 = Rotation # 13

5:25-6:00 = Rotation # 14

6:00-6:35 = Rotation # 15

6:35-7:10 = Rotation # 16

7:10 = Day 2 Closing

Sunday, July 25

9:30-10:00 Warm-up / Staff

10:00-12:00 = Open Gym

12:00 = Closing of Camp

Hampton Inn

1200 34th Street N.

St. Petersburg , FL 33713

(727) 322-0770

Block is under: **Region 8 Regional Team Training Camp**

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