

## Region 8 “Nationals Team” Training Camp

September 10-12, 2010

Hosted by: GAA, Atlanta, GA

Friday, September 10

3:00-3:50 = Registration at GAA

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

4:30-5:20 = Rotation # 1

5:20-6:10 = Rotation # 2

6:10-7:00 = Rotation # 3

7:00-7:50 = Rotation # 4

7:50 = Day 1 Closing

Saturday, September 11

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

12:00-12:50 = Rotation # 5

12:50-1:40 = Rotation # 6

1:40-2:20 = Food Break and R & R

2:20-2:40 = Quick Stretch / Staff

2:40-3:30 = Rotation # 7

3:30-4:20 = Rotation # 8

4:20-5:45 = Open Training

5:45 = Day 2 Closing

Sunday, September 12

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

10:00-11:00 = 4 Station Open Training # 1\* (grps. 1-4 = stns 1-4// grps. 5-8=stns 5-8)

11:00-12:00 = 3 Station Open Training # 2\* (grps. 1-4 = stns 5-8// grps. 5-8=stns 1-4)

12:00 = Closing of Camp

\* “4 Station Open Training” allows for the attending athletes and coaches to customize their training for their needs

without over populating certain events....

**NAWGJ Symposium Schedule - All coaches and judges paid or volunteer are welcome to attend as your schedule permits.**

Friday – September 10	
5:00 – 7:00	Practice Judging
Saturday – September 11	
8:30 - 9:25	Marian Dykes - Technique
9:30 - 10:25	Marian Dykes - Technique
10:30 - 11:25	Brad Harris - Bar Skills with his gymnasts
12:00 - 1:30	Stations on the floor
3:00 - 4:30	Stations on the floor
Sunday - September 12	
9:00 - 11:00	Everything you need to know about Prep Op. Sharon Doyle

**EMBASSY SUITES  
ATLANTA – KENNESAW TOWNE CENTER**

620 Chastain Road  
Kennesaw, Georgia, USA, 30144  
1-770-420-2505

Rate \$119.00

BLOCK NAME – REGION 8 TRAINING CAMP

***Debby Kornegay  
Region 8 Administrative Committee Chairman***

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