

Level 8-10 Region 8 Training Camp

October 8-10, 2010

Hosted by: ACE – Longwood, FL

Friday, October 8

3:00-3:50 = Registration at ACE

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

4:30-5:10 = Rotation # 1

5:10-5:50 = Rotation # 2

5:50-6:30 = Rotation # 3

6:30-7:10 = Rotation # 4

7:10-7:50 = Rotation # 5

Saturday, October 9

11:30-12:00 = Warm-up

12:00-12:40 = Rotation # 6

12:40-1:20 = Rotation # 7

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

2:20-2:40 = Quick Stretch

2:40-3:20 = Rotation # 8

3:20-4:00 = Rotation # 9

4:00-4:40 = Rotation # 10

4:40-5:20 = Rotation # 11

5:20-6:00 = Rotation # 12

Sunday, October 10

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

9:30-10:10 = Rotation # 13

10:10-10:50 - Rotation # 14

10:50-12:00 - Open Training

12:00 = Closing of Camp

First hotel is full. New hotel listed below:

Candlewood Suites

1130 Greenwood Blvd.

Lake Mary, FL 32746

407-585-3000

Ask for ACE Gymnastics Rate - \$49.00

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