

Recreational Competition Team

Camp with Mock Meet

The Mandatory Recreational Competition Team Camp (Gymstars) with Mock Meet is on Saturday, February 5th, 2010. Please read below for the camp schedule...

Camp / Mock Meet

10:15-10:30 - Warm up and Stretch

10:30-11:30 - Group 1 Work on Floor Routine, Group 2 Work on Bars
Beam Routines

11:30-12:30 - Group 2 Work on Floor Routine, Group 1 Work on Bar
and Beam Routines

12:30-1:15 - Eat Sack Lunch (**Be sure to send your child with one**)

1:15-1:30 - Change into Recreational Competition Team (Gymstar)
Leotard, prepare for Mock Meet

1:30-2:30 - Gymstar Mock Meet

2:30-3:00 - Gymstar Awards Ceremony