



# Tar Heel Gymnastics Summer Camp

## \*Tentative Overnight Schedule\*



**July 9-12, 2018**  
**July 13-16, 2018**  
**July 23-26, 2018**

### **DAY 1**

8:00 am - 9:00 am	Registration for Residents at Teague Residence Hall
8:00am - 9:00 am	Registration for Commuters at Derek Galvin Gymnastics Practice Facility (Fetzer Hall)
9:00am -10:00 am	Athlete Evaluation
10:00am -10:30 am	Introductions, Overview for the week, split into groups
10:30am -11:10 am	Rotation 1
11:15 am – 12:00 pm	Rotation 2
12:00p – 1:15 pm	Lunch at Ram's Dining Hall
1:30 pm – 1:45 pm	Warm-up
1:45 pm – 2:25 pm	Rotation 3
2:30 pm – 3:10 pm	Rotation 4
3:15pm – 3:55 pm	Rotation 5
4:00 pm – 4:40 pm	Rotation 6
4:45 pm – 5:15 pm	Open Gym/ Games
5:15 pm – 6:30 pm	Dinner
6: 45 pm- 7:45 pm	Open Gym
7:45pm – 8:00 pm	Commuter Pick-up at Practice Facility
7:45 pm – 8:00pm	Walk to Teague, meeting with Residence Hall Counselors
8:30 pm – 10:00 pm	Door Decoration Contest/ Free Time/ Camp Store Open
10:00 pm	Bed Check, lights out

### **DAY 2**

7:15 am	Wake Up
8:00 am	Meet in lobby to walk to breakfast
8:00am - 8:45 am	Breakfast
8:45 am – 9:00 am	Walk to Fetzer
8:45am – 9:00 am	Check-In for Commuters at Fetzer Gym
9:00 am – 9:30 am	Announcements, Winners, Warm-up and Stretch
9:30 am – 10:10 am	Rotation 1
10:15 am – 10:55 am	Rotation 2
11:00 am – 11:40 am	Rotation 3
11:40 am – 12:05 pm	Open Gym
12:15 pm - 1:15 pm	Lunch
1:20 pm – 2:00 pm	Team Demo and Q & A with Staff
2:00 pm – 2:15	Warm up
2:15 pm – 2:55 pm	Rotation 4

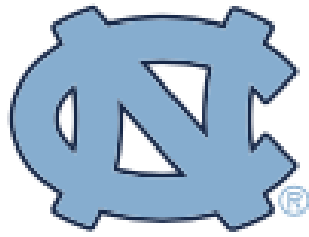
3:00 pm – 3:40 pm	Rotation 5
3:45 pm – 4:25 pm	Rotation 6
4:25 pm - 5:00pm	Open Gym
5:05 pm - 6:15 pm	Dinner
6:15 pm – 7:45 pm	CAMP OLYMPICS
7:45pm – 8:00 pm	Commuter Pick-up at Practice Facility
7:45 pm – 8:00pm	Walk to Teague
8:30 pm – 10:00 pm	Movie Night/ Free Time/ Camp Store Open
10:00 pm	Bed Check, lights out

### **DAY 3**

7:15 am	Wake Up
8:00 am	Meet in lobby to walk to breakfast
8:00am - 8:45 am	Breakfast
8:45 am – 9:00 am	Walk to Fetzer
8:45am – 9:00 am	Check-In for Commuters at Fetzer Gym
9:00 am – 9:30 am	Announcements, Winners, Warm-up and Stretch
9:30 am – 10:05 am	Rotation 1
10:10 am – 10:45 am	Rotation 2
10:50 am – 11:25 am	Rotation 3
11:30 am – 12:05 pm	Rotation 4
12:15pm – 1:30 pm	Lunch
1:45 pm – 3:30 pm	Pool Activities
3:30 pm – 4:00 pm	Change, walk back to Fetzer, warm-up
4:00 pm – 4:35 pm	Rotation 5
4:40 pm – 5:15 pm	Rotation 6
5:15 pm – 6:15 pm	Pizza Night at Fetzer
6:30 pm – 7:00 pm	Lip Sync/ Group Skits Practice
7:00pm – 7:45 pm	Group Skits / Lip Sync Battle
7:45pm – 8:00 pm	Commuter Pick-up at Practice Facility
7:45 pm – 8:00pm	Walk to Teague
8:30 pm – 10:00 pm	Free Time/ Camp Store Open
10:00 pm	Bed Check, lights out

### **DAY 4**

7:15 am	Wake Up
8:00 am	Meet in lobby to walk to breakfast
8:00am - 8:45 am	Breakfast
8:45 am – 9:00 am	Walk to Fetzer
8:45am – 9:00 am	Check-In for Commuters at Fetzer Gym
9:00 am – 9:30 am	Announcements, Winners, Warm-up and Stretch
9:30 am – 10:45 am	Parent Skill Show—Open Gym
10:45 am – 11:30 am	Group Dances
11:30am - 12:00 pm	Pictures, Goodbye's & Camper Check-out
12:15 pm	Campers Sign-out of Teague Residence Hall



**CAROLINA™**