

# Tar Heel Gymnastics Camp Session 1, 2, 3 Schedule

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

<b>MONDAY 7/9/18</b>	
<b>FRIDAY 7/13/18</b>	
<b>MONDAY 7/23/18</b>	<b>(Gym Club Day)</b>
8:30 - 9:30	REGISTER/MOVE-IN
9:30 - 9:40	WALK TO GYM
9:40 - 9:45	RULES/STAFF INTRO/WARM-UP
10:00 - 10:45	EVALUATIONS GROUPS
10:45 - 11:15	ROTATION 1
11: 15 - 11:45	ROTATION 2
11:45 - 12:15	ROTATION 3
12:30 - 1:45	LUNCH
1:45 - 2:00	SETTLE INTO DORM ROOM
2:00	WALK TO GYM
2:10 - 2:30	GAMES
2:30 - 2:45	STRETCH
2:45 - 3:15	ROTATION 4
3:15 - 3:45	ROTATION 5
3:45 - 4:15	ROTATION 6
4:15 - 4:45	ROTATION 7
4:45 - 5:15	GOALS / STRETCH
5:15	WALK TO DINNER
5:15	DAY CAMPER PICK-UP
5:30 - 6:45	DINNER
6:45	WALK TO GYM
7:00 - 7:30	GAMES/STRETCH
7:30 - 8:15	OPEN GYM
8:15	WALK TO THE DORM
	EVENING ACTIVITY/DOOR
8:30 - 9:45	DECORATING
10:00	ROOM CHECK & LIGHTS OUT!

<b>TUESDAY 7/10/18</b>	
<b>SATURDAY 7/14/18</b>	
<b>TUESDAY 7/24/18</b>	<b>(Super Hero Day )</b>
7:30 - 8:45	WAKE-UP / BREAKFAST
8:45 - 8:55	WALK TO GYM
9:00 - 9:30	WARM-UP
9:30 - 10:15	ROTATION 1
10:15 - 11:00	ROTATION 2

11:00 - 11:45	ROTATION 3
12:00 - 1:15	LUNCH
1:15 - 1:25	WALK TO GYM
1:25 - 1:45	TRUE-SPORT NUTRITION
1:45 - 2:00	GAMES
2:00 - 2:15	STRETCH
2:15 - 2:55	ROTATION 4
2:55 - 3:35	ROTATION 5
3:35 - 4:15	ROTATION 6
4:15 - 4:55	ROTATION 7
4:55 - 5:15	OPEN GYM
5:15	WALK TO DINNER
5:15	DAY CAMPER PICK-UP
5:30 - 6:45	DINNER
6:45	WALK TO GYM
7:00 - 7:30	GAMES/STRETCH
7:30 - 8:15	OPEN GYM
8:15	WALK TO THE DORM
8:30 - 9:45	EVENING ACTIVITY/ WORK ON SKITS
10:00	ROOM CHECK & LIGHTS OUT!

<b>WEDNESDAY 7/11/18</b>	
<b>SUNDAY 7/15/18</b>	
<b>WEDNESDAY 7/25/18</b>	<b>(ANIMAL DAY )</b>
7:30 - 8:45	WAKE-UP / BREAKFAST
8:45 - 9:30	OLDWELL WALK & WARM-UP
9:30 - 10:15	ROTATION 1
10:15 - 11:00	ROTATION 2
11:00 - 11:45	ROTATION 3
12:00 - 1:15	LUNCH
1:15 - 1:25	WALK TO GYM
1:25 - 1:45	TRUE-SPORT GOAL SETTING
1:45 - 2:00	GAMES
2:00 - 2:15	STRETCH
2:15 - 2:55	ROTATION 4
2:55 - 3:35	ROTATION 5
3:35 - 4:15	ROTATION 6
4:15 - 4:55	ROTATION 7
4:55 - 5:15	OPEN GYM
5:15	WALK TO DINNER
5:15	DAY CAMPER PICK-UP
5:30 - 6:45	DINNER
6:45	WALK TO GYM

7:00 - 8:15	SKITS & GAMES
8:15	WALK TO THE DORM
8:30 - 9:45	AUTOGRAPHS & PACKING ROOM CHECK & LIGHTS OUT!
10:00	

<b><u>THURSDAY 7/12/18</u></b>	
<b><u>MONDAY 7/16/18</u></b>	
<b><u>THURSDAY 7/26/18</u></b>	<b>(TAR HEEL SPIRIT DAY )</b>
7:30 - 8:45	WAKE-UP / BREAKFAST
8:45 - 8:55	WALK TO GYM
9:00 - 9:15	WARM-UP
9:15 - 9:45	ROTATION 1
9:45 - 10:15	ROTATION 2
10:15 - 10:45	ROTATION 3
	OPEN GYM
10:45 - 11:15	(SPECTATORS)
	DANCES &
11:15 -12:00	RECOGNITION
12:15	CHECK-OUT OF DORM

Thank you for coming to the Tar Heel Gymnastics Camp! See you in 2019!