

Tar Heel Gymnastics Camp Session 1 and 2

Tentative Schedule

June 16 – 19, July 5 - 8

MONDAY 6/16/19	
FRIDAY 7/5/19	
	CHECK-IN (DIVIDED BY LAST NAME)
12:30 - 1:30	
1:30 – 1:40	WALK TO GYM
1:40 – 1:45	RULES/STAFF INTROWARM-UP
1:45 – 2:30	EVALUATION GROUPS
2:45 - 3:15	ROTATION 1
3:15 - 3:45	ROTATION 2
3:45 - 4:15	ROTATION 3
4:15 - 4:45	ROTATION 4
4:45 - 5:15	ROTATION 5
5:15	WALK TO DINNER
5:15	DAY CAMPER PICK-UP
5:30 - 6:45	DINNER
6:45	WALK TO GYM
7:00 - 7:20	GAMES/STRETCH
7:20 – 7:50	ROTATION 6
7:50 – 8:20	ROATION 7
8:20	WALK TO THE DORM
	EVENING ACTIVITY/DOOR
8:30 - 9:45	DECORATING
10:00	ROOM CHECK & LIGHTS OUT!

TUESDAY 6/17/19	
SATURDAY 7/6/19	
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!

WEDNESDAY 6/18/19
SUNDAY 7/7/19

7:30 - 8:45	WAKE-UP / BREAKFAST
8:45 - 9:30	“OLD WELL” 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
10:00	ROOM CHECK & LIGHTS OUT!

THURSDAY 6/19/19	MONDAY 7/8/19	(TAR HEEL SPIRIT DAY)
	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
	10:45 - 11:15	OPEN GYM (SPECTATORS)
	11:15 -12:00	DANCES & RECOGNITION
	12:15	CHECK-OUT OF DORM