

# **Tar Heel Gymnastics Camp Session 1 and 2**

## **\*Tentative Schedule\***

**June 16 – 19, July 5 - 8**

<b>SUNDAY 6/16/19</b>	
<b>FRIDAY 7/5/19</b>	
	CHECK-IN (DIVIDED BY LAST NAME)
12:30 - 1:30	
1:30 – 1:40	WALK TO GYM
1:40 – 1:45	RULES/STAFF INTRO/WARM-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	ROTATION 7
8:20	WALK TO THE DORM
	EVENING ACTIVITY/DOOR
8:30 - 9:45	DECORATING
10:00	ROOM CHECK & LIGHTS OUT!

<b>MONDAY 6/17/19</b>	
<b>SATURDAY 7/6/19</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!

**TUESDAY 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!

**WEDNESDAY 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