

TAR HEEL GYMNASTICS 2022 SUMMER CAMP

*****Tentative Schedule*****

High Performance Camp: June 23 – 25 Tar Heel Gymnastics Camp: June 30 – July 2

Day 1:

Thursday, June 23 (High Performance Camp)

Thursday, June 30 (Tar Heel Gymnastics Camp)

AM Session:

7:15AM

Check-In at Woollen Gym

7:45AM – 12:55PM

Warm up, 6 Gymnastics Rotations (including dance rotation), Activities, Snack break, Campus Tour, etc.

1:00PM

Pick up at Woollen Gym

PM Session:

1:30PM

Check-In at Woollen Gym

2:00PM – 7:10PM

Warm up, 6 Gymnastics Rotations (including dance rotation), Activities, Snack break, Campus Tour, etc.

7:15PM

Pick up at Woollen Gym

Day 2:

Friday, June 24 (High Performance Camp)

Friday, July 1 (Tar Heel Gymnastics Camp)

AM Session:

7:15AM

Check-In at Woollen Gym

7:45AM – 12:55PM

Warm up, 6 Gymnastics Rotations (including dance rotation), Activities, Snack break, etc.

1:00PM

Pick up at Woollen Gym

PM Session:

1:30PM	Check-In at Woollen Gym
2:00PM – 7:10PM	Warm up, 6 Gymnastics Rotations (including dance rotation), Activities, Snack break, Campus Tour, etc.
7:15PM	Pick up at Woollen Gym

Day 3:

Saturday, June 25 (High Performance Camp)

Saturday, July 2 (Tar Heel Gymnastics Camp)

AM Session:

7:15AM	Check-In at Woollen Gym
7:45AM – 10:30AM	Warm up, 4 Gymnastics Rotations, Activities, etc.
10:40AM – 11:45AM	Lunch at Chase Dining Hall
11:50AM – 12:55PM	Open Gym/Show Group Dances/Photos & Goodbyes
1:00PM	Pick up at Woollen Gym

PM Session:

1:30PM	Check-In at Woollen Gym
2:00PM – 4:45PM	Warm up, 4 Gymnastics Rotations Activities, etc.
4:55 – 5:55	Dinner at Chase Dining Hall
6:00 – 7:10	Open Gym/Show Group Dances/Photos & Goodbyes
7:15PM	Pick up at Woollen Gym