

# Tar Heel Gymnastics - High Performance Camp

## June 23 – 25, 2022

### AM Session

#### **Thursday 6/23/22 - Neon Day!**

**\*\*6 Rotations of 35 minutes each. Rotations include: Vault, Bars, Beam, Floor, Dance & Additional Activity**

7:15 AM - 7:35	Check- In at Fetzer & Walk to Practice Gym
7:35 - 8:10	Staff Introductions/Rules of Camp/Warm Up Dance & Split into Camp groups
8:15 - 10:10	3 Event Rotations
10:10 - 10:25	15 minute snack break & Student-Athlete Showcase
10:30 - 12:25 PM	3 Event Rotations
12:30 - 1:00	Campus Tour
1:00 - 1:15	Check-Out at Fetzer Gym (same location as check in)

#### **Friday 6/24/22 - Crazy Sock Day!**

**\*\*6 Rotations of 35 minutes each. Rotations include: Vault, Bars, Beam, Floor, Dance & Additional Activity**

7:15 AM - 7:35	Check- In at Fetzer & Walk to Practice Gym
7:35 - 8:10	Staff Introductions/Rules of Camp/Warm Up Dance & Split into Camp groups
8:15 - 10:10	3 Event Rotations
10:10 - 10:25	15 minute snack break and Q&A with team and staff
10:30 - 12:25 PM	3 Event Rotations
12:30 - 1:00	In-Gym Games & Photos with Staff
1:00 - 1:15	Check-Out at Fetzer Gym (same location as check in)

**Saturday 6/25/22 - Tar Heel Spirit Day!**

**\*\*6 Rotations of 30 minutes each. Rotations include: Vault, Bars, Beam, Floor, Dance & Additional Activity**

7:15 AM - 7:35	Check- In at Fetzer & Walk to Practice Gym
7:35 - 7:55	Staff Introductions/Rules of Camp/Warm Up Dance & Split into Camp groups
8:00 - 10:40	6 Event Rotations
10:40 - 11:40	Walk to Chase Dining Hall for Lunch
11:45 - 11:55	Warm Up/Rules of Open Gym
12:00 - 12:55	PARENTS WELCOME! Open Gym and Show Group Dances
1:00 - 1:15	Check-Out at Fetzer Gym (same location as check in)