

**Tar Heel Gymnastics High Performance Camp**  
**PM Session**  
**June 23 – 25, 2022**

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

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

1:30PM - 1:55	Check- In at Fetzer & Walk to Practice Gym
1:55 - 2:25	Staff Introductions/Rules of Camp/Warm Up Dance & Split into Camp groups
2:30 - 4:25	3 Event Rotations
4:25 - 4:40	15 minute snack break & Student-Athlete Showcase
4:45 - 6:40	3 Event Rotations
6:45 - 7:15	Campus Tour
7:15 - 7:30PM	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**

1:30PM - 1:55	Check- In at Fetzer & Walk to Practice Gym
1:55 - 2:25	Staff Introductions/Rules of Camp/Warm Up Dance & Split into Camp groups
2:30 - 4:25	3 Event Rotations
4:25 - 4:40	15 minute snack break and Q&A with team and staff
4:45 - 6:40	3 Event Rotations
6:45 - 7:15	In-Gym Games & Photos with Staff
7:15 - 7:30PM	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**

1:30 - 1:50PM	Check- In at Fetzer & Walk to Practice Gym
1:55 - 2:10	Staff Introductions/Rules of Camp/Warm Up Dance & Split into Camp groups
2:15 - 4:55	6 Event Rotations
4:55 - 5:55	Walk to Chase Dining Hall for Dinner
6:00 - 6:10	Warm Up/Rules of Open Gym
6:10 - 7:15	PARENTS WELCOME! Open Gym and Show Group Dances
7:15 - 7:30	Check-Out at Fetzer Gym (same location as check in)