

Tar Heel Gymnastics Camp

June 30 – July 2, 2022

AM Session

Thursday 6/30/22 - Neon Day!

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

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| 7:15 AM - 7:35 | Check- In at Fetzer Hall & Walk over 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 Q&A |
| 10:30 - 12:25 PM | 3 Event Rotations |
| 12:30 - 1:00 | Campus Tour |
| 1:00 - 1:15 | Check-Out at Fetzer Hall (same location as check in) |

Friday 7/1//22 - Crazy Sock Day!

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

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|------------------|--------------------------------------------------------------------------|
| 7:15 AM - 7:35 | Check- In at Fetzer Hall & 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 Hall (same location as check in) |

Saturday 7/2/22 - Tar Heel Spirit Day!

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

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| 7:15 AM - 7:35 | Check- In at Fetzer Hall & 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 Hall (same location as check in) |