

**TENTATIVE
10.0 Camp Schedule**

8:45 a.m. Check in (Francis Allen Training Center)

9:00-9:30 Warmup

9:30-10:05 Rotation #1

10:05-10:40 Rotation #2

10:40-11:15 Rotation #3

11:15-11:50 Rotation #4

11:50 a.m. – 1:00 p.m. Lunch (bring sack lunch)
Activity/Games

1:00-1:30 Warmup

1:30-2:05 Rotation #5

2:05-2:40 Rotation #6

2:40-3:15 Rotation #7

3:15-4:30 Games/Activity

4:30 Camp dismissal/Pick up (Francis Allen Training Center)

Rotations: Vault, Bars, Beam, Floor, Tramp, Rod Floor & Trampoline, Dance

First day and Day 3 will vary slightly to include camp picture and Camp Conclusion