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2018 Jr. Olympic Nationals Training Day Schedule – Jr.'s Friday, May 11th

Region 8 will split our Jr. athletes into four groups (one group on each event) on a sign-up sheet that will be available at the 3:15p meeting. We will have 30 mins. per event. There will be approx. 10 athletes per group and you will rotate in Olympic order from where you START.

3:15 p.m. – Mandatory Region 8 Coaches Meeting

3:30 0.m. – Stretch in JR. Gym

4:00 p.m. – Rotation # 1 in the Jr. Gym / Flight 1

4:30 p.m. - Rotation # 2 in the Jr. Gym / Flight 1

5:00 p.m. - Rotation # 3 in the Jr. Gym / Flight 1

5:30 p.m. - Rotation # 4 in the Jr. Gym / Flight 1

Coaches may decide to break the athletes up into two groups for 15 minutes each to facilitate apparatus changes.



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2018 Jr. Olympic Nationals Training Day Schedule – Sr.'s Friday, May 11th

Region 8 will split our Sr. athletes into four groups (one group on each event) on a sign-up sheet that will be available at the 3:15p meeting. We will have 30 mins. per event. There will be approx. 10 athletes per group and you will rotate in Olympic order from where you START.

3:15 p.m. – Mandatory Region 8 Coaches Meeting

3:30 p.m. – Stretch in SR. Gym

4:00 p.m. – Rotation # 1 in the Sr. Gym / Flight 1

4:30 p.m. - Rotation # 2 in the Sr. Gym / Flight 1

5:00 p.m. - Rotation # 3 in the Sr. Gym / Flight 1

5:30 p.m. - Rotation # 4 in the Sr. Gym / Flight 1

Coaches may decide to break the athletes up into two groups for 15 minutes each to facilitate apparatus changes.