

2019 Elite Team Program

R7 Elite Team Camp & Future Star Evaluation

Williamsburg Gymnastics
144-A Tewing Rd, Williamsburg VA 23188

Saturday, October 12th

- TENTATIVE SCHEDULE

12:00-3:30	Elite Team Camp		(Session 1)
4:30-6:00	Elite Team Camp		(Session 2)
6:00-8:00	Future Stars	8,9,10,11,12	(Open Training)

Sunday, October 13th

- TENTATIVE SCHEDULE

8:00-8:15	Future Stars	10,11,12	Registration
8:15-8:30	Future Stars	10,11,12	Open Stretch
8:30-10:00	Future Stars	10,11,12	Timed Warm-Up
10:00-12:00	Future Stars	10,11,12	Competition
12:30-12:45	Future Stars	8,9	Registration
12:45-1:00	Future Stars	8,9	Open Stretch
1:00-2:30	Future Stars	8,9	Timed Warm-Up
2:30-4:30	Future Stars	8,9	Competition

Notes: 13 yrs old FS are welcome to TEST, there will be NO National Evaluation for that age.

14-18 Technical Sequence athletes are welcome to TEST during Session 1 of the Future Stars Evaluation. There will be NO awards.