



**Elite Team Camp Final Schedule (October 16<sup>th</sup> - 17<sup>th</sup>)**

**Saturday October 16<sup>th</sup>**

12:00..... Arrival & General Stretch  
12:30-1:15..... Event 1  
1:15-2:30..... Event 2  
2:30-3:15..... Event 3  
3:15-3:30..... Cool-down

3:30-4:30..... Break / Leave facility for Dinner  
(with Parent or Chaperone)

4:30-5:15..... Event 4  
5:15-6:00..... Event 5  
6:00-6:45..... Event 6  
6:45-7:00..... Cool-down

If any Future Star Athlete would like to work out the day before the evaluation on Sunday they can do so from 5-7 pm on Saturday.

**Sunday October 17<sup>th</sup>**

9:00-9:30..... Arrival & General Stretch  
9:30-11:00..... Open Workout  
11:00.... (Final remarks, Camp Dismissal)



**Future Stars Regional Evaluation  
Final Schedule (October 16<sup>th</sup> - 17<sup>th</sup>)**

**Saturday October 16<sup>th</sup>**

6:00-8:00.....Open Training  
(Future Stars Ages 8,9,10,11,12)

**Sunday October 17<sup>th</sup> (22 athletes)**

11:00am..... Arrival & Open Stretch  
11:30-4:00.....Modified Capital Cup Testing

*Following the conclusion of the Evaluation,*

Regional Team 8-9 Team will be named,  
National Qualifiers will be named,  
Certificates of Participation will be distributed.

***USA Gymnastics and Local Covid -19 Protocols will be enforced.***