



## **Elite Team Camp Final Schedule (October 12<sup>th</sup> - 13<sup>th</sup>)**

### **Saturday October 12<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

3:30-5:00..... Break / Leave facility for Dinner  
(with Parent or Chaperone)

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

### **Sunday October 13<sup>th</sup>**

8:00-8:30..... Arrival & General Stretch  
8:30-9:15..... Open Event  
9:15-10:00..... Open Event  
10:00-10:4.5..... Open Event  
10:45-11:00.... (Final remarks, Camp Dismissal)



**Future Stars Regional Testing & Technical Sequences  
Final Schedule (October 12<sup>th</sup> - 13<sup>th</sup>)**

**Saturday October 12<sup>th</sup>**

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

**Sunday October 13<sup>th</sup> (22 athletes)**

11:00am..... Arrival & Open Stretch

11:20-12:50.....Timed Warm-Ups  
(10 minutes per event)

12:50-1:00.....Presentation of Athletes

1:00-4:00pm.....Competition

*Following the conclusion of competition,*

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

\*\* There will be NO individual awards for Technical Sequence Athletes. \*\*