



FRIDAY 2/8/19

OPEN WARM UP 5:00 - 8:00 PM LEVELS 8 - ELITE

SATURDAY 2/9/19

Time LVL TR LVL TU LVL DM

SESSION 1

A	8:00-8:30 AM	LVL 8	13-14 F	LVL 8	15+ M	LVL 8	15+ F
				LVL 8	13-14 M		
				LVL 8	11-12 M		
				LVL 8	11-12 F		
				LVL 8	10U F		
B	8:30-9:00 AM	LVL 8	15+ F	LVL 9	15+ F	LVL 8	13-14 F
				LVL 9	15+ M		
				LVL 9	13-14 F		
C	9:00-9:30 AM	LVL 8	13-14 M	LVL 8	15+ F	LVL 8	13-14 F
		LVL 8	15+ M				
		LVL 8	10U F				
D	9:30-10:00 AM	LVL 9	11-12 F	LVL 8	13-14 F	LVL 8	10U F
		LVL 9	11-12 M			LVL 8	11-12 F
E	10:00-10:30 AM	LVL 9	15+ F	LVL 5	9-10 M	LVL 9	15+ M
				LVL 5	11-12 M	LVL 9	13-14 M
				LVL 5	13-14 M		
F	10:30-11:00 AM	LVL 9	13-14 F	LVL 7	15+ F	LVL 8	10U M
						LVL 8	13-14 M
						LVL 8	15+ M
G	11:00-11:30 AM	LVL 9	15+ M	LVL 7	9-10 F	LVL 9	11-12 M
		LVL 9	13-14 M	LVL 7	9-10 M	LVL 9	11-12 F
H	11:30-12:00 PM	LVL 8	11-12 F	LVL 7	15+M	LVL 9	15+ F
				LVL 7	13-14 M	LVL 9	13-14 F

SATURDAY 2/9/19

	Time	LVL	TR	LVL	TU	LVL	DM
SESSION 2							
A	12:00-12:20 PM	LVL 7	11-12 F	LVL 6	13-14 F	LVL 5	11-12 M
						LVL 5	13-14 M
						LVL 5	15+ F
B	12:20-12:40 PM	LVL 7	11-12 F	LVL 6	11-12 F	LVL 6	9-10 M
		LVL 7	9-10 F			LVL 6	11-12 M
		LVL 7	8U F			LVL 6	13-14 M
						LVL 6	15+ M
C	12:40-1:00 PM	LVL 7	13-14 F	LVL 6	11-12 F	LVL 7	15+ F
D	1:00-1:20 PM	LVL 7	15+ F	LVL 7	11-12 F	LVL 6	15+ F
E	1:20-1:40 PM	LVL 7	15+ F	LVL 6	8U F	LVL 6	13-14 F
				LVL 6	9-10 F		
				LVL 6	11-12 M		
				LVL 6	13-14 M		
F	1:40-2:00 PM	LVL 7	9-10 M	LVL 6	15+ F	LVL 5	13-14 F
		LVL 7	11-12 M				
		LVL 7	13-14 M				
		LVL 7	15+ M				
G	2:00-2:20 PM	LVL 6	11-12 F	LVL 5	15+ M	LVL 7	13-14 F
				LVL 5	15+ F		
H	2:20-2:40 PM	LVL 6	11-12 F	LVL 5	13-14 F	LVL 7	9-10 M
						LVL 7	13-14 M
						LVL 7	11-12 M
						LVL 7	15+ M
I	2:40-3:00 PM	LVL 5	15+ M	LVL 7	13-14 F	LVL 6	9-10 F
		LVL 5	13-14 M			LVL 6	8U F
		LVL 5	11-12 M				
J	3:00-3:20 PM	LVL 6	9-10 F	LVL 5	11-12 F	LVL 6	11-12 F
		LVL 6	15+ F				
K	3:20-3:40 PM	LVL 6	9-10 M	LVL 5	11-12 F	LVL 6	11-12 F
		LVL 6	11-12 M				
		LVL 6	15+ M				

SUNDAY							
Time	LVL	TR	LVL	TU	LVL	DM	
SESSION 4							
A	8:00-8:30 AM	LVL 1	9-10 M	LVL 4	9-10 F	LVL 5	9-10 F
		LVL 2	7-8 M				
		LVL 2	9-10 M				
		LVL 2	11+ M				
		LVL 3	9-10 M				
		LVL 3	11+ M				
		LVL 4	8U M				
		LVL 4	11-12 M				
		LVL 4	13-14 M				
B	8:30-8:50 AM	LVL 2	6U F	LVL 4	9-10 F	LVL 5	9-10 F
		LVL 2	9-10 F				
		LVL 2	11+ F				
		LVL 3	6U F				
C	8:50-9:10 AM	LVL 3	11+ F	LVL 4	9-10 F	LVL 5	9-10 F
D	9:10-9:30 AM	LVL 1	6U F	LVL 3	9-10 F	LVL 5	11-12 F
		LVL 1	7-8 F				
E	9:30-9:50 AM	LVL 2	7-8 F	LVL 4	13-14 F	LVL 5	11-12 F
F	9:50-10:10 AM	LVL 4	8U F	LVL 4	13-14 F	LVL 5	11-12 F
				LVL 4	15+ F		
G	10:10-10:30 AM	LVL 5	9-10 F	LVL 1	9-10 M	LVL 5	11-12 F
				LVL 2	7-8 M		
				LVL 2	11+ M		
				LVL 3	7-8 M		
				LVL 3	9-10 M		
				LVL 3	11+ M		
H	10:30-10:50 AM	LVL 5	9-10 F	LVL 3	7-8 F	LVL 4	8U M
		LVL 5	8U F			LVL 4	9-10 M
		LVL 5	8U M			LVL 4	11-12 M
						LVL 4	13-14 M
I	10:50-11:10 AM	LVL 5	9-10 F	LVL 4	11-12 F	LVL 4	8UF
J	11:10-11:30 AM	LVL 4	9-10 M	LVL 4	11-12 F	LVL 4	9-10 F
K	11:30-11:50 AM	LVL 5	11-12 F	LVL 4	11-12 F	LVL 4	9-10 F

SUNDAY						
Time	LVL	TR	LVL	TU	LVL	DM
L 11:50-12:10 PM	LVL 5	11-12 F	LVL 4	11-12 F	LVL 4	9-10 F
M 12:10-12:30 PM	LVL 5	11-12 F	LVL 4	8U F	LVL 5	9-10 M
SESSION 5						
A 12:30-12:50 PM	LVL 4	9-10 F	LVL 3	11+ F	LVL 3	7-8 F
B 12:50-1:10 PM	LVL 4	9-10 F	LVL 2	9-10 F	LVL 1	6U F
					LVL 1	7-8 F
					LVL 1	9-10 M
C 1:10-1:30 PM	LVL 4	9-10 F	LVL 2	11+ F	LVL 3	9-10 F
					LVL 3	6U F
D 1:30-1:50 PM	LVL 4	11-12 F	LVL 2	6U F	LVL 3	11+ F
			LVL 2	7-8 F	LVL 3	7-8 M
					LVL 3	9-10 M
					LVL 3	11+ M
E 1:50-2:10 PM	LVL 4	11-12 F	LVL 1	6U F	LVL 2	7-8 F
			LVL 1	7-8 F	LVL 2	9-10 F
					LVL 2	11+ F
F 2:10-2:30 PM	LVL 4	11-12 F	LVL 4	9-10 M	LVL 4	13-14 F
			LVL 4	11-12 M	LVL 4	15+ F
			LVL 4	13-14 M		
G 2:30-2:50 PM	LVL 3	9-10 F			LVL 4	11-12 F
H 2:50-3:10 PM	LVL 3	9-10 F			LVL 4	11-12 F
I 3:10-3:30 PM	LVL 3	9-10 F				
J 3:30-3:50 PM	LVL 3	7-8 F				
K 3:50-4:10 PM	LVL 4	15+ F				
	LVL 4	13-14 F				
WARM UP PROCEDURES						
ELITE LEVELS						
Trampoline		One HR General W/U & 2 Touches				
Tumbling		One HR General W/U & 2 Passes				
Double Mini		One HR General W/U & 2 Passes				
JO LEVELS						
LVL 1 - 7		LVL 8 - 9		LVL 10		
Trampoline	2 Touch	2 Touch		2 Touch		
Tumbling	2 Passes	3 Passes		4 Passes		
Double Mini	2 Passes	3 Passes		4 Passes		