

2004 Camp Schedule

Thursday August 19

		Group 1	Group 2	Group 3	Group 4	Group 5	Group 6	Group 7	
1:00 -	1:15	Arrival - Announcements							
1:15 -	1:40	Warmup	Sean Sawyer						
1:40 -	2:30	Highbar NS	Floor CT	Pommels DS	Rings DL	Vault KK or MH	Pbars SS	Tramp GG	
2:30 -	3:20	Floor CT	Pommels KP	Rings NS	Vault KK	Pbars MS	Tramp GG	Highbar SS	
3:20 -	4:10	Pommels MS	Rings NS	Vault SS	Pbars CT	Tramp GG	Highbar DS	Floor DL	
5:40 -	6:00	Stretch	Stretch	Stretch	Stretch	Stretch	Stretch	Stretch	
6:00 -	6:50	Rings DL	Vault GG	Pbars KP	Tramp NS	Highbar KK	Floor CT	Pommels DS	
6:50 -	7:40	Vault SS	Pbars CT	Tramp MS	Highbar NS	Floor DS	Pommels KP	Rings MH	
7:40 -	8:00	OPEN WORKOUT							
Friday August 20									
9:00 -	9:10	Lineup and Announcements							
9:00 -	9:40	Warmup	Warmup	Warmup	Warmup	Warmup	Warmup	Warmup	
9:40 -	10:30	Pbars KP	Tramp RM	Highbar MS	Floor SS	Pommels KK	Rings MH	Vault DL	
10:30 -	11:20	Tramp RM	Highbar NS	Floor CT	Pommels KP	Rings DL	Vault KK	Pbars DS	
11:20 -	12:10	Highbar NS	Floor CT	Pommels DS	Rings DL	Vault KK or MH	Pbars SS	Tramp RM	
12:10 -	12:50	Floor CT	Pommels KP	Rings NS	Vault KK	Pbars MS	Tramp RM	Highbar SS	
2:30 -	3:00	Warmup	Warmup	Warmup	Warmup	Warmup	Warmup	Warmup	
3:00 -	3:20	Hanstands - Body Shaping							
3:20 -	4:10	Pommels MS	Rings NS	Vault SS	Pbars CT	Tramp GG	Highbar DS	Floor DL	
4:10 -	4:50	Rings DL	Vault GG	Pbars KP	Tramp NS	Highbar KK	Floor CT	Pommels DS	
4:50 -	5:00	Stretch - Dismissal							
Saturday, August 21									
9:00 -	9:10	Lineup and Announcements							
9:10 -	9:50	Warmup - Group Activity							
9:50 -	10:30	Vault SS	Pbars	Tramp RM	Highbar NS	Floor DS	Pommels KP	Rings MH	
10:30 -	11:20	Pbars KP	Tramp RM	Highbar MS	Floor SS	Pommels KK	Rings MH	Vault DL	
11:20 -	12:00	Tramp RM	Highbar NS	Floor CT	Pommels KP	Rings DL	Vault KK	Pbars DS	
1:00 -	1:30	Warmup - warmup for new skill day							
1:30 -	2:45	New Skill Day		New Skill Day		New Skill Day		New Skill Day	
2:45 -	3:30	Open Workout		Open Workout		Open Workout		Open Workout	
Sunday, August 22									
9:00 -	9:10	(no rings or vt)							
9:00 -	9:10	Announcements							
9:10 -	9:40	Wamup							
9:40 -	10:30	Highbar NS	Floor RM	Pommels DS	Rings DL	Vault MH	Pbars SS	Tramp	
10:30 -	11:20	Floor CT	Pommels KP	Highbar MS	Tramp RM	Pbars MS	Vault MH	Highbar	
11:20 -	12:00	Pommels MS	Highbar NS	Floor RM	Pbars CT	Tramp GG	Highbar DS	Floor	
12:00 -	12:30	Awards, Closing							
		Darren Lynch	DL	Norm Stulz	NS	Kenny Kawanishi	KK	Sean Sawyer	SS
		Don Selman	DS	Mike Hoffman	MH	Mike Serra	MS	Richard Morsie	RM
		Greg Ganim	GG	Chris Tollin	CT	Keith Pettit	KP		