

Team Future Camp - Schedule - July 2017

	Friday June 30th		Saturday July 1st		Sunday July 2nd		Monday July 3rd	
	Day 1		Day 2		Day 3		Day 4	
	TRP TF		TRP TF		TRP TF		TRP TF	
6:30-7:00		6:30-7:00		6:30-7:00		6:30-7:00		6:30-7:00
7:00-7.30		7:00-7.30		7:00-7.30		7:00-7.30		7:00-7.30
7:30-8.00		7:30-8.00		7:30-8.00		7:30-8.00		7:30-8.00
8:00-8.30		8:00-8.30		8:00-8.30		8:00-8.30		8:00-8.30
8:30-9.00		8:30-9.00		8:30-9.00		8:30-9.00		8:30-9.00
9:00-9.30		9:00-9.30		9:00-9.30		9:00-9.30		9:00-9.30
9:30-10.00		9:30-10.00	Coach	9:30-10.00		9:30-10.00	Mental Skills	9:30-10.00
10:00-10.30		10:00-10.30	Communication	10:00-10.30		10:00-10.30	Review	10:00-10.30
10:30-11.00		10:30-11.00		10:30-11.00		10:30-11.00	Coach	10:30-11.00
11:00-11.30		11:00-11.30		11:00-11.30		11:00-11.30	Communication	11:00-11.30
11:30-12.00		11:30-12.00		11:30-12.00		11:30-12.00		11:30-12.00
12:00-12.30		12:00-12.30		12:00-12.30	Lunch	12:00-12.30	Athlete meeting	12:00-12.30
12:30-1.00		12:30-1.00		12:30-1.00	Mental Skills	12:30-1.00		12:30-1.00
1:00-1:30		1:00-1:30		1:00-1:30		1:00-1:30		1:00-1:30
1:30-2.00		1:30-2.00	Lunch	1:30-2.00		1:30-2.00		1:30-2.00
2:00-2.30		2:00-2.30	Coaches Forum	2:00-2.30		2:00-2.30		2:00-2.30
2:30-3.00		2:30-3.00		2:30-3.00		2:30-3.00		2:30-3.00
3:00-3.30		3:00-3.30		3:00-3.30		3:00-3.30		3:00-3.30
3:30-4.00		3:30-4.00		3:30-4.00	Stretch/Trigger	3:30-4.00		3:30-4.00
4:00-4.30		4:00-4.30		4:00-4.30		4:00-4.30		4:00-4.30
4:30-5.00		4:30-5.00		4:30-5.00	Recovery	4:30-5.00		4:30-5.00
5:00-5.30		5:00-5.30		5:00-5.30	@ Friends Fitness	5:00-5.30		5:00-5.30
5:30-6:00	Orientation	5:30-6:00		5:30-6:00		5:30-6:00		5:30-6:00
6:00-6.30	<i>(Dance Studio)</i>	6:00-6.30		6:00-6.30		6:00-6.30		6:00-6.30
6:30-7:00		6:30-7:00	Dinner	6:30-7:00	Dinner	6:30-7:00		6:30-7:00
7:00-7.30	Testing	7:00-7.30		7:00-7.30		7:00-7.30		7:00-7.30
7:30-8.00		7:30-8.00		7:30-8.00		7:30-8.00		7:30-8.00
8:00-8.30		8:00-8.30		8:00-8.30		8:00-8.30		8:00-8.30
8:30-9.00		8:30-9.00		8:30-9.00		8:30-9.00		8:30-9.00
9:00-9.30		9:00-9.30		9:00-9.30		9:00-9.30		9:00-9.30

Please refer to each daily schedule for training details and also check the Education & Activities schedule outside of training times

Attention Coaches

Please arrive at training no later than 15 minutes prior to the scheduled start and have your gymnasts do a light stretch out so they are ready to begin
Following completion of the official rotations - coaches are expected to take their own group for Flex/cool down.