

## **2023 Elite High Performance Gymnastics Camp: Camp Schedule**

June 16<sup>th</sup>

### **Saturday, July 29<sup>th</sup> :**

8:45 – 9:00am: Check in at Anderson Arena

9:00am: Warm up and basics

9:30am: Rotation I

10:15: Rotation II

11:00am: Rotation III

11:45am: Break for lunch

1:00pm: Afternoon warm up

1:15pm: Rotation IV

2:00pm: Rotation V

2:45pm: Open time

3:15pm: Wrap up and depart