

The Cambridge YMCA Gymnastics Team Presents:

MARVELOUS MONKEY MADNESS

November 17, 2007

SESSION 1 LEVEL 5 - 8

Gym Opens / General Stretching	8:00
Coaches Meeting	8:10
Warm - Up Rotation #1	8:25 - 8:45
Rotation #2	8:45 - 9:05
Rotation #3	9:05 - 9:25
Rotation #4	9:25 - 9:45
Line - Up / March - In	9:45
Meet Begins	10:00

SQUADS

Squad 1 - Cambridge (all levels) + Mount Vernon (level 7's and 8's)
2 - Lancaster (level 5's)
3 - Lancaster (level 6 - 8)
4 - Mount Vernon (level 5's)

THESE FOLLOWING TIMES ARE APPROXIMATE. TIMES FOR THE SECOND SESSION MAY CHANGE DEPENDING ON THE FINISH TIME OF THE FIRST SESSION.

SESSION 2 LEVEL 4

Gym Opens / General Stretching	12:30
Coaches Meeting	12:40
Warm - Up Rotation #1	12:50 - 1:05
Rotation #2	1:05 - 1:20
Rotation #3	1:20 - 1:35
Rotation #4	1:35 - 1:50
Line - Up / March - In	1:50
Meet Begins	2:00

SQUADS

Squad 1 - Cambridge (all) + Mount Vernon (4)
2 - Lancaster (10)
3 - Mount Vernon (11)
4 - Lancaster (9)

THIS MEET WILL BE HELD AT THE NEW YMCA,
1301 CLAIRMONT AVENUE. THIS IS LOCATED
ONE STREET OVER FROM THE ARMORY.

BYOB (bring your own bananas)