

Holiday Harvest 2008

December 6, 2008

SESSION 1

Levels 5, 7-8

Modified Capital Cup Format

8:00 AM	Gym Opens for general stretching
8:15 AM	Coaches' Meeting
8:35 AM	Warm Up First Event
9:00 AM	March In
9:15 AM	Competition Begins

Squad 1 - Ross - L5 (8) / L7 (3) / L8 (2)	13
Squad 2 - Licking - L5 (14)	14
Squad 3 - Licking - L7 (8) / L8 (3)	11
Squad 4 - Pickaway - L5 (7)	7

Meet Rotations:

Warm Up/Competition Start	Squad	_____	_____	_____	_____
		Vault	Bars	Beam	Floor

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SESSION 2

Levels 4, 6, Prep Op Traditional Format

12:00 Noon Gym Opens for general stretching
12:15 PM Coaches' Meeting

Warm Ups - 20 minute rotations

12:30 - 12:50

12:50 - 1:10

1:10 - 1:30

1:30 - 1:50

2:00 PM March In

2:15 PM Competition Begins

Squad 1 - Ross - L4 (5) / L6 (2) / PO (1)	8
Squad 2 - Licking - L4 age 7-10 (11)	11
Squad 3 - Licking - L4 age 11-13 (7) / L6 (2)	9
Squad 4 - Pickaway - L4 (6) / L6 (2)	8

Meet Rotations:

Warm Up/Competition Start	Squad	_____	_____	_____	_____
		Vault	Bars	Beam	Floor

Competition Start	Squad	_____	_____	_____	_____
		Vault	Bars	Beam	Floor