

Flip For the CURE

Licking County Family YMCA Valentine Invitational

470 West Church Street Newark Ohio

February 14-15, 2009

Saturday , February 14, 2009

Session One Level 4, Ages 6 through 12 Traditional Format

7:45 am Gym opens for stretching

8:00 am Coaches Meeting

8:15 am Timed warm ups begin- one minute per gymnast,

20 Minute rotations

10:15am March in

Session Two Level 4's age 13, 14, 15 Level 5's all ages

Saturday February 14, 2009

Modified Capital Cup

12:00 pm Gym open for stretching

12:30 pm March In

Session Three Level 6, 7, 8 & Prep Optionals all ages

Modified Capital Cup

Saturday February 14, 2009

4:30 pm Gym open for stretching

5:00 pm March In

Session Four High School- Traditional format

Sunday February 15, 2009

11:00 am Prayer and Worship

12:00 pm Gym open for stretching

12:30 Timed warm-ups 2:00pm March in AWARDS TO FOLLOW EACH SESSION