

HALLOWEEN SPOOKTACULAR 2008

YMCA of Mount Vernon 200 West Chestnut Street Mount Vernon, Ohio 43050

(740) 392-9622 ext. 115

SESSION 1: LEVEL 5'S AGE 11 & UP, & LEVEL 6-8 & PREP OPTIONAL (46)

8:30 am Gym opens for bar sets and stretching

8:45 am Coaches meeting

Warm ups *20 minute rotations*

9:00 – 9:20 rotation 1

9:20 – 9:40 rotation 2

9:40 – 10:00 rotation 3

10:00 – 10:20 rotation 4

10:25 am March In

10:30 am Meet Begins

SQUADS

Squad 1- Mount Vernon LEVEL 6-8&PREPOP (10)

Squad 2- Licking Co. LEVEL 7-8 (11)

Squad 3- Ross all (14)

Squad 4- Mount Vernon LEVEL 5 (3) & Licking Co. LEVEL 5-6 (8)

MEET ROTATION:

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VAULT	BARS	BEAM	FLOOR

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SESSION 2: LEVEL 5 AGES 10 & UNDER, & ALL LEVEL 4'S (51)

Gym opens for bar sets and stretching immediately following first session

Warm ups *15 minute rotations*

12:00-12:15 rotation 1

12:15-12:30 rotation 2

12:30-12:45 rotation 3

12:45-1:00 rotation 4

1:15 March In

1:20 Meet Begins

SQUADS

Squad 1- Mount Vernon Level 5 & level 4 *10&under* (13)

Squad 2- Licking Co. (13)

Squad 3- Licking Co. (13)

Squad 4- Ross all (7) & Mount Vernon level 4 *11&12* (5)

MEET ROTATION:

VAULT

BARS

BEAM

FLOOR