



PICKAWAY CO. YMCA GYMNASTICS TEAM

440 NICHOLAS DR. CIRCLEVILLE, OHIO 43113 * 740.477.1661 FAX 740-477-1662

"WE ARE USAG SAFETY CERTIFIED"

www.geocities.com/picygymteam



The Harvest 2007

November 3, 2007

SESSION 1 Level 4 & 5 Traditional Format

8:00 AM Gym Opens for general stretching

8:25 AM Coaches Meeting

20 Minute Rotations

8:40 – 9:00 Rotation 1

9:00 - 9:20 Rotation 2

9:20 – 9:40 Rotation 3

9:40 – 10:00 Rotation 4

10:15 March In

10:30 Competition Begins

SESSION 2 Levels 3, 6-9 Modified Capital Cup Format

12:15 PM Gym Opens for general stretching

12:30 PM Coaches Meeting

12:45 PM Warm up first Event

1:10 PM March In

1:25 PM Competition Begins