

# ***NEW YEARS CELEBRATION 2008***

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*YMCA of Mount Vernon 200 West Chestnut Street Mount Vernon, Ohio 43050 (740) 392-9622 ext. 115*

## **SESSION 1: ALL LEVEL 4'S & LEVEL 5'S**

***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 4's (14)***

***Squad 2- Pickaway level 4's (13)***

***Squad 3- Pickaway level 5's & Cambridge level 4's (15)***

***Squad 4- Mount Vernon level 5's & Cambridge level 5's (14)***

## ***MEET ROTATION:***

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***VAULT***

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***BARS***

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***BEAM***

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***FLOOR***

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## **SESSION 2: LEVEL 3 & LEVELS 6-9**

***Gym opens for bar sets and stretching immediately following first session***

***Warm ups            20 minute rotations***

***12:00-12:20            rotation 1***

***12:20-12:40            rotation 2***

***12:40-1:00            rotation 3***

***1:00-1:20            rotation 4***

***1:25            March In***

***1:30            Meet Begins***

## **SQUADS**

***Squad 1- Mount Vernon level 3's (12)***

***Squad 2- Mount Vernon level 6-9 & rest 3's (12)***

***Squad 3- Pickaway level 3, 6-9 (14)***

***Squad 4- Cambridge level 3, 6, & 8 (12)***

## **MEET ROTATION:**

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***VAULT***

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***BARS***

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***BEAM***

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***FLOOR***