



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



February 2, 2008

8:30 AM Gym Opens for general stretching

8:45 AM Coaches Meting

15 Minute Rotations

9:00 - 9:15	Rotation 1
9:15 - 9:30	Rotation 2
9:30 - 9:45	Rotation 3
9:45 - 10:00	Rotation 4
10:05	March In
10:15	Competition Begins

Squad 1 - Cambridge	10
Squad 2 - Pickaway Co.	8
Squad 3 - Mt Vernon 6& 7 year olds	9
Squad 4 - Mt Vernon 8 years & up	<u>8</u>
TOTAL	35

MEET ROTATION:

VAULT

BARS

BEAM

FLOOR

BEGIN WARM UP ON YOUR **2ND** COMPETITION EVENT

