

GymSchool 2019 Time Table

Saturday January 12, 2019

Time	WAG Junior Advanced Coach	MAG Junior Advanced Coach	WAG Junior Coach	MAG Junior Coach	AER Junior Coach	TRA Junior Coach	TUM Junior Coach
8.00-8.30 am	Arrival/Registration						
8.40-9.00 am	Welcome and Introduction						
9.00-10.30 am	Bars 1	Bars1	Handstand Extension Skills	Handstand Extension Skills	Physical Preparation	Physical preparation - conditioning for TRA	Physical preparation and whip backs
10.30-10.45 am	Break						
10.45-12.15	Vault	Vault	Floor Leaps, Jumps and Turns	Pommel	Basics	TRA 1 - Importance of Take Off	Front and back saltos
12.15-1.00 pm	Break						
1.00-2.15 pm	Floor Acro (part 1)	Floor Acro (part 1)	Bars 1	Bars 1	Dynamic Strength Skills	TRA 2 - Saltos forward	Front saltos with twists
2.15-3.30 pm	Floor Acro (part 2)	Floor Acro (part 2)	Beam 1	P Bars	Acrobatic skills	TRA 2 - Saltos backward	Back saltos with twists
3.30-3.45 pm	Break						
3.45-5.00 pm	Floor Cheorgraphy and artistry	P Bars	Beam 2	Rings	Static Strength	Trampoline Twisting somersaults	TUM combinations

Sunday January 13, 2019

Time	WAG Junior Advanced Coach	MAG Junior Advanced Coach	WAG Junior Coach	MAG Junior Coach	AER Junior Coach	TRA Junior Coach
8.30-9.00 am	Arrival/Registration					
Location	Mezzanine					
9.00-10.30 am	Turns, Leaps and jumps	Rings	Floor Acro 1	Floor Acro 1	Power	DMT 1
10.30-10.45 am	Break					
10.45 am - 12.15 pm	Beam	Pommel	Floor Acro 2	Floor Acro 2	Balance/flexibility	DMT 2
12.15-1.00 pm	Break					
1.00-2.15 pm	Mental Skills Training	Mental Skills Training	Bars 2	Bars 2	Cheoreography	Mental Skills Training
2.15-3.30 pm	Bars Part 2	Bars Part 2	Vault	Vault	Formations and teams	Routine composition and comp preparation
3.30-3.45 pm	Break					
3.45-5.00 pm	Injury Rehabilitaton & Prevention	Injury Rehabilitaton & Prevention	Athlete Preparation/conditioning	Athlete Preparation/conditioning	Routine composition and omp preparation	Injury Rehabilitaton & Prevention
5.15-5.30 pm	Post Course Assignments and Closing Words					