



### **TeamGym & Performance**

3:00-4:00 TeamGym Level 3 Training

4:00-5:00 TeamGym Level 5&7 Training

*5:00-6:15 All Participants Rehearsal*

*6:15 Spectator Doors Open*

*6:30 Opening Ceremonies*

8:00 TeamGym Level 5&7 Open Stretch

9:10 TeamGym Level 5&7 Competition

10:30-11:30 TeamGym Level 6, 8, 10 Training

11:30-12:30 TeamGym Level 1 & 2 Training

1:30 TeamGym Level 3 Open Stretch

2:20 TeamGym Level 3 Competition

*5:30pm Prep for Baseball Game*

*6:30pm Performance at Baseball Game*

9:00 TeamGym Level 1&2 Open Stretch

9:55 TeamGym Level 1&2 Competition

11:00-12:00 TeamGym Level 4 Training

12:30 TeamGym Level 6,8,10 Open Stretch

1:45 TeamGym Level 6,8, 10 Competition

*4:00 Group Performance Showcase Warmup*

*4:30 Group Performance Showcase*

8:00 TeamGym Level 4 Open Stretch

9:00 TeamGym Level 4 Competition

11:00 Warmup Gym for Life Challenge

11:30 Gym for Life Challenge

### **A&T Summit**

#### **Thursday**

*5:00-6:15 All Participants Opening Rehearsal*

*6:15 Spectator Doors Open*

*6:30 Opening Ceremonies*

#### **Friday**

8:00-10:00 Athlete Tumbling

10:30-12:30 Pyramid and Acro

12:30-2:30 Lunch Break

2:30 -4:30 Team

*5:30pm Prep for Baseball Game*

*6:30pm Performance at Baseball Game*

#### **Saturday**

8:00-10:00 Athletes Review Session

10:30 -12:00 Show Off

12:30-2:30 Lunch Break

2:30-4:00 Athletes and Parents - Learn About NCATA

*4:00 Group Performance Showcase Warmup*

*4:30 Group Performance Showcase*

#### **Sunday**