



Tentative

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

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

5:00pm Prep for Baseball Game

6:30pm Performance at Baseball Game

9:00 TeamGym 1&2 Open Stretch

11:00-12:00 TeamGym Level 4 Training

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

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

3:00-4:45 Intro for Coaches and Club Owners - A&T 101

3:00-4:45 Athlete Introduction to Coaches and Summit

5:00-6:15 All Participants Opening Rehearsal

6:15 Spectator Doors Open

6:30 Opening Ceremonies

Friday

8:00-10:00 Athlete Tumbling / Judges Officiating

10:30-12:30 Pyramid and Acro / Meet Director How to

12:30-2:30 Lunch Break

2:30 -4:30 Stations for Athletes/ NCATA Opportunities

5:00pm Prep for Baseball Game

6:30pm Performance at Baseball Game

Saturday

8:00-10:00 Athletes Review Session/ Judges Training

10:30 -12:00 Show Off / Judging Practice

12:30-2:30 Lunch Break

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

2:30- 4:00 Coaches Training

2:30-4:00 Judging Test

4:00 Group Performance Showcase Warmup

4:30 Group Performance Showcase

Sunday

9:00-12:00 Recruiting Event