

	TR	TU	DM	Break
Saturday	Nuno	Jon	Kip	
9:00	Group Stretch	Group Stretch	Group Stretch	
9:15-10:45	A	B	C	D
10:30	Group D Stretch			
10:45-12:15	D	A	B	C
12:15-1:00	Lunch Break	Lunch Break	Lunch Break	Lunch Break
1:00-2:30	C	D	A	B
2:30-4:00	B	C	D	A
4:00-5:30	A	B	C	D
6:00	Coaches Round Table			
Sunday				
8:30-10:00	D	A	B	C
10:00-11:30	C	D	A	B
11:30-1:00	B	C	D	A

Location

215 W. 6th Ave., Emporia

Park in the rear of the building in the parking lot and go DOWN the stairs below the Sunflower Gymnastics sign.

Lunch

There will be a lunch available for purchase if the athletes would like.

\$6 will get the kids Pizza and a drink (either a Propel or similiar)

Coaches please be ready when you arrive with a list of kids who wish to have the lunch. This way we can place our order for the pizza.

Athletes are of course welcome to bring a different lunch if they wish to stay on site for lunch, there is a refrigerator and microwave in the lunch room. Otherwise there are several places to eat within a short drive and even a short walk.

Athletes are required to wear proper attire. Leotard and above the knee shorts for girls, compression shirt or leotard and above the knee shorts for boys.