

**2011 Level 2,3 Xcel/Prep Opt Training Camp
October 15-16, 2011
Freedom Florence Gymnastics
1515 Freedom Blvd Florence SC 29505
Gym # 843-667-5090**

Host Hotels:

**SpringHill Suites by Marriott
2670 Hospitality Blvd
Florence, SC 29501
843- 317-9050
Rate: \$99.00 plus tax**

**Courtyard by Marriott
2680 Hospitality Blvd
Florence, SC 29501
843-662-7806
Rate: \$94.00 plus tax**

Session One: Saturday 9:00am-1:00 pm Levels: Level 2 & 3, Bronze

Teams:

Level 2: Carolina (4)

Level 3: Allstar (3) Carolina (5)

Bronze :Thomas (7) Dance South (1) Island(4) Greenville (18)

Champion(1) Carolina (3) Cheraw (15)

9:00-9:20	Warm ups and groups	Rotation Order
9:20-9:50	Rotation One	Vault
9:50-10:20	Rotation Two	Bars
10:20-10:50	Rotation Three	Beam
10:50-11:15	Rotation Four (25 min only)	Conditioning
11:15-11:40	Rotation Five (25 min only)	Floor Acro
11:40-12:10	Rotation Six	Floor Dance
12:10-12:40	Rotation Seven	Snack/Craft
12:40-1:00	End games and Goodie Bags	

Session Two: Saturday 2:00-6:00 pm Levels: Bronze, Silver

Teams: Bronze: Cheraw (14)

Silver: Greenville (5) Thomas(4) Island(4) Allstar(4) Cheraw(10)
Ocean Flippers (10) Florence(1) Carolina (5)

2:00-2:20	Warm ups and groups	Rotation Order
2:20-2:50	Rotation One	Vault
2:50-3:20	Rotation Two	Bars
3:20-3:50	Rotation Three	Beam
3:50-4:15	Rotation Four (25 min only)	Conditioning
4:15-4:40	Rotation Five (25 min only)	Floor Acro
4:40-5:10	Rotation Six	Floor Dance
5:10-5:40	Rotation Seven	Snack/Craft
5:40-6:00	End games and Goodie Bags	

Session Three: Sunday 9:00-1:00 pm Levels Gold, Platinum

Teams:

*Gold: Island (1) Cheraw(7) Ocean Flippers(13) Florence (2)
Carolina(2)*

*Platinum: Greenville(1) Champion(1)Cheraw(1)
Ocean Flippers(11) Carolina(1) Allstar(1)*

9:00-9:20	Warm ups and groups	Rotation Order
9:20-9:50	Rotation One	Vault
9:50-10:20	Rotation Two	Bars
10:20-10:50	Rotation Three	Beam
10:50-11:15	Rotation Four (25 min only)	Conditioning
11:15-11:40	Rotation Five (25 min only)	Floor Acro
11:40-12:10	Rotation Six	Floor Dance
12:10-12:40	Rotation Seven	Snack/Craft
12:40-1:00	End games and Goodie Bags	

Coaches and Judges Event Assignments:

<u>Session 1</u>	<u>Session 2</u>	<u>Session 3</u>
Saturday 9:00-1:00	Saturday 2:00-6:00	Sunday 9:00-1:00

Warm ups: Vicki Walker

Vault Leader: Valencia

Louise Peck
Becky

Jenn Houghe

Louise Peck
Jenn Houghe

Bar Leader: Karimah McIlwain

Jenn Houghe
Marc

Davita Ivey
Rashida Williams

Davita Ivey
Wes Woodward

Beam Leader: Vicki Walker

Ashlee Gillespie

Ashlee Gillespie

Ashlee Gillespie

Conditioning Leader: Whitney Oxner

Erin Brown

Erin Brown

Erin Brown

Floor Acro Leader: Tiffany Mills

Jacquelin Bailey
Morgan Leachman

Morgan Leachman

Melissa

Floor Dance Leader: Stacy Robinson

Lisa Bayan
Rashida Williams

Lisa Bayan
Tricha Tapio

Lisa Bayan
Tricha Tapio

Snack and Craft Break:

Rachel Hilbourne, Mackenzie Luikart, Christine Helms, Neicy Myers

End Games: Vicki Walker