



USA Gymnastics Trampoline & Tumbling  
2010 J.O. Championships

Levels 5-7 Training Groups  
Wednesday, June 30

Athletes should arrive 30 minutes prior to scheduled training time for stretching in the staging area. Teams will be announced at the scheduled time and the competition floor opened for training. Please note that the training sessions are very full and turns on the equipment will be limited. The session is intended as equipment familiarization only and not as a training session you would have in your gym. Be efficient!

| Group D                               | Group E                                |
|---------------------------------------|--|
| 8:00-9:30 am (Stretching 7:30)        | 9:30-11:00 am (Stretching 9:00)        |
| Summit Gymnastics                     | Lynchburg Academy of Power Tumbling    |
| Sun Country Sports Center             | Mandeville Gymnastics Academy          |
| Sunflower Gymnastics                  | Marin Elite Gymnastics Academy         |
| Superior Tumbling & Trampoline        | Matrix                                 |
| T3                                    | Maverick All-Star Tumblers             |
| TAG USA Gymnastics                    | Midwest Training and Ice Center        |
| Tataru's Gymnastics & Tumbling        | Millers Gymnastics                     |
| Team Legacy                           | Minnesota Twisters                     |
| Team OC                               | Miss Marias Acrobat and Dance Studio   |
| Tenacious Tumbling & Trampoline       | MJM Studios                            |
| Texas Tumbleweeds                     | Motion Gymnastics                      |
| Texas Twisters                        | Naples Progressive Gymnastics          |
| TG Sports                             | North Valley Gymnastics                |
| The Flip Shop                         | Northern Neck Athletic Center          |
| The Palaestra                         | Northwest Aerials                      |
| Top City Athletics                    | Novaks Gymnastic Center                |
| Top Flight Gymnastics                 | Oasis Gymnastics                       |
| Top Flight Gymnastics Training Center | Omni Athletics Trampoline & Tumbling   |
| Top Notch                             | Pittsburgh Northstars                  |
| Trampoline and Tumbling Express       | Powerhouse TnT Gymnastics              |
| Trevinos Gymnastics                   | Premier Athletics                      |
| Trinity Trampoline and Tumbling       | Premier Trampoline & Tumbling          |
| Tumble Texas                          | Preston Gymnastics Academy             |
| Tumble Town Midwest                   | Pro-Action Sports                      |
| Tumbleweeds Gymnastics                | Queen City Trampoline and Tumbling     |
| Tumbling Elite                        | Reflex Gymnastics                      |
| Tumbling Express                      | Rose's Gymnastics Training Center      |
| Twist & Tuck Power Tumbling Inc.      | Sandhills Academy of Gymnastics        |
| Twist -N- Shout                       | Santa Barbara Gymnastics Club IIc      |
| Ultimate Air                          | Scamps Gymnastics                      |
| Ultra Twisters (Head Over Heels)      | Scottsdale Gymnastics                  |
| Unique Sports Academy                 | SEAL Gymnastics                        |
| United Gymnastix                      | Silver Stars Gymnastics                |
| Upsidedowners                         | Skagit Valley Dimensions of Gymnastics |
| Urbandale Gymnastics Club             | SkySurfers Trampoline Team             |
| Victoria Gymagic, Inc.                | Skyview Gymnastics                     |
| Wabash Valley Tumbling & Gymnastics   | Skywalkers                             |
| Waller's GymJam Academy               | South Texas Elite Gymnastics           |
| Winder Gymnastics                     | Southern Athletics                     |
| Winingers Gymnastics                  | Southlake Gymnastics Academy           |
| World Elite Gymnastics                | Springtime Tumbling and Trampoline     |
| Xtreme Elite Athletics                | Starlets Gymnastics                    |
| Xtreme T&T                            | Stars Athletic Foundation              |
| Yelm Gymnastics Center                | Stars NGV                              |
|                                       | Stick It! Gymnastics                   |

| Group F                                 | Group G                             |
|---|-------------------------------------|
| 11:00 am-12:30 pm (Stretching 10:30)    | 12:30-2:00 pm (Stretching 12:00)    |
| Classic City Gymnastics                 | 3TI                                 |
| Dave's Gymnastics Factory               | A Flip Zone                         |
| Diamond Elite Gymnastics                | Acrospirits                         |
| Dynamite Academy of Gymnastics          | Acrotex Gymnastics                  |
| Dynamite Gymnastics Center              | AeroDynamics T&T                    |
| DynaMite Trampoline and Tumbling        | AGTflipcity                         |
| Eagle's Wings Athletics                 | Air Extreme                         |
| Elmwood Gymnastics                      | All Around Gymnastics Academy       |
| Extreme C and T                         | All-American Gymnastics             |
| Extreme Tumbling Training Center        | American Airborne                   |
| Fairland Trampoline and Tumbling        | American Gymnastics Academy         |
| Flip Force Gymnastics                   | American Powerhouse T&T             |
| Flip Force San Diego                    | Anti-Gravity Zone IIc               |
| Flip Fusion                             | Appalachian Gymnastics              |
| Flipcity South                          | Arete Gymnastics                    |
| Flip-Over Gymnastics                    | Artesia Trampoline & Tumbling       |
| FlippenBounce                           | ArtSports                           |
| Flip-Tops, Kewanee YMCA                 | Aspire Kids Sports Center           |
| Four Stars Gymnastics Academy           | Basel's All-Star Gymnastics & Cheer |
| FreeState Gymnastics                    | Bee Elite Gymnastics Academy        |
| Go For It USA                           | Black Diamond Gymnastics            |
| Gym Marika                              | Borger Gymnastics                   |
| Gym-Fit                                 | Bounce California                   |
| Gym-Kat Sports Center                   | Brandy Johnson's Global Gymnastics  |
| Gymnast Factory                         | Buckeye Gymnastics                  |
| Gymnastics East                         | Cabarrus County Gymnastics          |
| Gymnastics Etc                          | Capital Gymnastics                  |
| Gymnastics Training Center              | Carlsbad Academy of Tumbling        |
| Gypsy Flyers                            | Cartersville Twisters               |
| Hawaii Trampoline & Tumbling            | Central Coast Gymnastics            |
| Heber Handspringers                     | Central Illinois Gymnastics Academy |
| High Flyers                             | Champion Gymnastics Academy         |
| High Point Gymnastics                   | Chesapeake Gymnastics LLC           |
| Horizon Gymnastics & Dance Academy      | Chicago Park District               |
| Interactive Academy                     | Classic Gymnastics & Cheer Academy  |
| International Gymnastics                |                                     |
| J and J Tumbling and Trampoline         |                                     |
| Jets Gymnastics                         |                                     |
| K&L Tumbletown                          |                                     |
| Kansas City Trampoline Club             |                                     |
| Kids World Gymnastics / St. Louis Elite |                                     |
| Kinetic Gymnastics Center               |                                     |
| KMC                                     |                                     |
| Kristis Tumbling and Trampoline         |                                     |
| Laniers School of Gymnastics            |                                     |
| Legacy Elite Athletics                  |                                     |
| Legacy T & T                            |                                     |
| Let it Shine                            |                                     |
| Longview Gymnastics & Cheerleading      |                                     |
| Lopez Leapers                           |                                     |



USA Gymnastics Trampoline & Tumbling  
2010 J.O. Championships  
**Levels 8-10 Training Groups**  
**Sunday, June 27**

Athletes should arrive 30 minutes prior to scheduled training time for stretching in the staging area. Teams will be announced at the scheduled time and the competition floor opened for training. Please note that the training sessions are very full and turns on the equipment will be limited. The session is intended as equipment familiarization only and not as a training session you would have in your gym.

| Group A                                 | Group B                               | Group C                             |
|---|---------------------------------------|-------------------------------------|
| 8:00 - 10:00 am                         | 10:00 am - 12:00 pm                   | 12:00 - 2:00 pm                     |
| (Stretching 7:30)                       | (Stretching 9:30)                     | (Stretching 11:30)                  |
| Gym-Kat Sports Center                   | SkySurfers Trampoline Team            | 3D Gymnastics & Cheer               |
| Gymnast Factory                         | Skyview Gymnastics                    | 3TI                                 |
| Gymnastics East                         | Skywalkers                            | 5 Star Tumbling & Trampoline        |
| Gymnastics Etc                          | So Cal TTC                            | A Flip Zone                         |
| Gymnastics Training Center              | South Texas Elite Gymnastics          | Acrospirits                         |
| Gypsy Flyers                            | Starlets Gymnastics                   | Acrotex Gymnastics                  |
| Hawaii Trampoline & Tumbling            | Stars Athletic Foundation             | AeroDynamics T&T                    |
| Head Over Heels (UT)                    | Stars NGV                             | AGTflpicity                         |
| High Flyers                             | Stick It! Gymnastics                  | Air Extreme                         |
| High Point Gymnastics                   | Summit Gymnastics                     | AirTime Training Center             |
| Horizon Gymnastics & Dance Academy      | Sun Country Sports Center             | Airtime Trampoline Team             |
| Houston Gymnastics Academy              | Sunflower Gymnastics                  | All Around Gymnastics Academy       |
| Interactive Academy                     | Superior Tumbling & Trampoline        | All-American Gymnastics             |
| International Gymnastics                | T3                                    | American Airborne                   |
| J and J Tumbling and Trampoline         | TAG USA Gymnastics                    | American Powerhouse T&T             |
| Jets Gymnastics                         | Tataru's Gymnastics & Tumbling        | Anti-Gravity Zone IIc               |
| K&L Tumbletown                          | Team Legacy                           | Artesia Trampoline & Tumbling       |
| Kansas City Trampoline Club             | Team OC                               | ArtSports                           |
| Kids World Gymnastics / St. Louis Elite | Tenacious Tumbling & Trampoline       | Aspire Kids Sports Center           |
| KMC                                     | Texas Tumbleweeds                     | Basel's All-Star Gymnastics & Cheer |
| Kristis Tumbling and Trampoline         | Texas Twisters                        | Bee Elite Gymnastics Academy        |
| L A Lights                              | TG Sports                             | Black Diamond Gymnastics            |
| Legacy Elite Athletics                  | The Flip Shop                         | Bounce California                   |
| Legacy T & T                            | The Palaestra                         | Brandy Johnson's Global Gymnastics  |
| Let it Shine                            | Top Flight Gymnastics                 | Buckeye Gymnastics                  |
| Lynchburg Academy of Power Tumbling     | Top Flight Gymnastics Training Center | Cabarrus County Gymnastics          |
| Marin Elite Gymnastics Academy          | Top Notch                             | Capital Gymnastics                  |
| Matrix                                  | Trampoline and Tumbling Express       | Carlsbad Academy of Tumbling        |
| Midwest Training and Ice Center         | Trevinos Gymnastics                   | Cartersville Twisters               |
| Mile High Gymnastics                    | Trinity Trampoline and Tumbling       | Central Illinois Gymnastics Academy |
| Miss Marias Acrobat and Dance Studio    | Tumble Texas                          | Champion Gymnastics Academy         |
| MJM Studios                             | Tumble Town Midwest                   | Chicago Park District               |
| Motion Gymnastics                       | Tumbling Express                      | Classic City Gymnastics             |
| Naples Progressive Gymnastics           | Twist & Tuck Power Tumbling Inc.      | Dave's Gymnastics Factory           |
| No Limits Power Tumbling &              | Twist -N- Shout                       | Diamond Elite Gymnastics.           |
| North Valley Gymnastics                 | Ultimate Air                          | Dynamite Gymnastics Center          |
| Northern Neck Athletic Center           | Ultra Twisters (Head Over Heels)      | DynaMite Trampoline and Tumbling    |
| Northern Star Bounders                  | Unique Sports Academy                 | Eagle's Wings Athletics             |
| Northwest Aerials                       | United Gymnastix                      | Elite Champion Gymnastics           |
| Novaks Gymnastic Center                 | Upsidedowners                         | Elmwood Gymnastics                  |
| Oasis Gymnastics                        | UpWard Air                            | Extreme Tumbling Training Center    |

| Group A                                | Group B                             | Group C                          |
|--|-------------------------------------|----------------------------------|
| 8:00 - 10:00 am                        | 10:00 am - 12:00 pm                 | 12:00 - 2:00 pm                  |
| (Stretching 7:30)                      | (Stretching 9:30)                   | (Stretching 11:30)               |
| Oklahoma Extreme T&T                   | Urbandale Gymnastics Club           | Fairland Trampoline and Tumbling |
| Omni Athletics Trampoline & Tumbling   | Uzelac Gymnastics                   | Flip Force Gymnastics            |
| Opelika Trampoline and Tumbling        | Victoria Gymagic, Inc.              | Flip Force San Diego             |
| Physical Awareness & Gymnastics        | Wabash Valley Tumbling & Gymnastics | Flip Fusion                      |
| Pittsburgh Northstars                  | Waller's GymJam Academy             | Flipcity South                   |
| Powerhouse TnT Gymnastics              | Waterloo Trampoline & Tumbling      | Flip-Over Gymnastics             |
| Premier Athletics                      | World Elite Gymnastics              | FlippenBounce                    |
| Premier Trampoline & Tumbling          | Xtreme Elite Athletics              | Flipside Tumbling                |
| Preston Gymnastics Academy             | Xtreme Gymnastics & Trampoline      | Flip-Tops, Kewanee YMCA          |
| Progressive Power Tumbling             | Xtreme T&T                          | Florida Flips                    |
| Queen City Trampoline and Tumbling     | Xtreme Tumbling Team                | FreeState Gymnastics             |
| Reflex Gymnastics                      | Yelm Gymnastics Center              | G-Force                          |
| Rose's Gymnastics Training Center      |                                     | Gigueres                         |
| Sandhills Academy of Gymnastics        |                                     | Go For It USA                    |
| Santa Barbara Gymnastics Club llc      |                                     | Great Lakes Griffins             |
| Scamps Gymnastics                      |                                     | Gym Marika                       |
| SEAL Gymnastics                        |                                     |                                  |
| Silver Stars Gymnastics                |                                     |                                  |
| Skagit Valley Dimensions of Gymnastics |                                     |                                  |