

GfA Training Camp 2013

Schedule

Thur. September 5, 2013:

Thursday afternoon Arrival into Camp

Noon- 8:00 pm: Check into rooms, rooming lists will be posted on the welcome board in the parking lot.

- 4:00 - 5:30 pm GfA Rules Introduction #1 (Don Spencer)
- 4:30 - 5:30 pm Athlete team building and Introductions (All Athletes)
(Ron Jacobson and Staff)
- 6:00 - 7:00 pm Dinner
- 7:30 - 9:00 pm Welcome and informational meeting (Cafeteria)
- 9:00 pm Task force meeting (Staff House)

Friday September 6, 2013:

- 8:00am Breakfast
- 9:00 - 10:30 am GfA Rules Intro #2 (for those who missed #1) (Don Spencer)
- 9:00 - 12:00 pm Tumbling progressions (Power Point presentation)
(Athletes, Coaches, Judges)
Tumbling Progressions Training (Artistic gym)
(All athletes) (Ron Jacobson)
- 12:00 - 1:00 pm Lunch
- 1:00 - 3:00 pm Team A&T Acro tecniques (T&T Gym) (Linda Porter)
- 1:00 - 3:00 pm GfA jump techniques (Artistic Gym)
(George Hery, DonSpencer)
- 3:00 -4:00 pm Team Acro & Tumbling Rules and Policies
(Team A&T) (Felecia Mulkey, Ron Jacobson)
- 3:00 - 5:00 pm Athlete Team building, Games, Free time (NCATA staff)
- 4:00 - 5:00 pm Judging NCATA, Team A&T and PowerTeam Gym)
(George Hery, Tawni Peterson)
- 5:00 - 6:00 pm Dinner

- 6:30 – 7:30 pm College recruiters in your gym, athlete opportunities (Cafeteria)
(Coaches, Judges, Gym owners) (Felecia Mulkey)
- 7:30 - 8:30 pm Question and answer sessions, GfA future (Cafeteria)
(Coaches, Judges, Gym owners, NCATA)
(Don Spencer, Ron Jacobson)
- 9:00 pm Task Force meeting (Staff House)

Saturday September 7, 2013

- 8:00am Breakfast
- 9:00 – 11:00 am Floor Tumbling (Artistic Gym)
(All Athletes) (Ron, Angela)
- 11:00 – Noon Team A&T Acro techniques (T&T Gym) (Linda Porter)
- 11:00 – Noon GfA Jump Techniques (Artistic Gym) (George, Don)
- 12:00 – 1:00 pm Lunch
- 1:00 – 3:00 pm GfA Floor routines (Artistic Gym)
(George, Don)
- 1:00 – 3:00 pm Team A&T Pyramid, Acro, Toss, and Floor (T&T Gym)
(Felecia, Angela, Linda)
- 3:00 – 5:00 pm Combination routines (All Athletes)
(Artistic & T&T Gyms) (All staff)
- 5:00 – 6:00 pm Dinner
- 6:30 – 7:30 pm Athlete Routine presentations (Artistic Gym)
(Practice Judging)
- 7:30 – 8:30 pm Recap meeting (Cafeteria)
(All Coaches, Judges, Gym Owners, Staff)
- 9:00 pm Staff Meeting (Staff House)

Sunday September 8, 2013

- 9:00 am Breakfast
- 9:00 – 10:00 am Camp Clean-up and packing
- 10:00 – Noon Camp departures
- All participants should be out of camp by Noon .

