

# Power TeamGym Level 4

8:45am Open Stretch Upsidedowners Open 15 min on floor  
 8:50am Coaches Meeting  
 9:00am Timed Warmups

Warm up Rotation

<b>Rotation times</b>	<b>TUMBLING</b>	<b>VAULT</b>	<b>MINI TRAMP</b>	<b>FLOOR EXERCISE</b>
9:00	Fliptastic Wildfire	Believe Athletics Acronauts	Skyview Purple People Eaters	Showcase Purple Flames
9:05	Baystate Spunky Bunch	Fliptastic Wildfire	Believe Athletics Acronauts	Skyview Purple People Eaters
9:10	Birons Vision	Baystate Spunky Bunch	Fliptastic Wildfire	Believe Athletics Acronauts
9:15	GymTrix Catalyst	Birons Vision	Baystate Spunky Bunch	Fliptastic Wildfire
9:20	LaJolla Envy	GymTrix Catalyst	Birons Vision	Baystate Spunky Bunch
9:25	Broderick Legacy	LaJolla Envy	GymTrix Catalyst	Birons Vision
9:30	Classic NC Legacy	Broderick Legacy	LaJolla Envy	GymTrix Catalyst
9:35	Showcase Purple Flames	Classic NC Legacy	Broderick Legacy	LaJolla Envy
9:40	Skyview Purple People Eaters	Showcase Purple Flames	Classic NC Legacy	Broderick Legacy
9:45	Believe Athletics Acronauts	Skyview Purple People Eaters	Showcase Purple Flames	Classic NC Legacy

## March in Time: 9:55

### Jump Event

Jump Event	Floor Event
Fliptastic Wildfire	Broderick Legacy
Baystate Spunky Bunch	Classic NC Legacy
Birons Vision	Showcase Purple Flames
GymTrix Catalyst	Skyview Purple People Eaters
LaJolla Envy	Believe Athletics Acronauts
Broderick Legacy	Fliptastic Wildfire
Classic NC Legacy	Baystate Spunky Bunch
Showcase Purple Flames	Birons Vision
Skyview Purple People Eaters	GymTrix Catalyst
Believe Athletics Acronauts	LaJolla Envy

### March In Order

Baystate Spunky Bunch  
 Believe Athletics Acronauts  
 Birons Vision  
 Broderick Legacy  
 Classic NC Legacy  
 Fliptastic Wildfire  
 GymTrix Catalyst  
 LaJolla Envy  
 Showcase Purple Flames  
 Skyview Purple People Eaters

Saturday

Upsidedowners Performance

