

# Power TeamGym Levels 5 and 6

11:30am Open Stretch

Aurora Kids Warmup floor 15 min

11:35am Coaches Meeting

11:45am Timed Warmups

Warm up Rotation

<b>Rotation times</b>	<b>TUMBLING</b>	<b>VAULT</b>	<b>MINI TRAMP</b>	<b>FLOOR EXERCISE</b>
12:00	GymTrix Voltage	Fliptastic Ignite	Biron Vortex	Showcase Purple Galaxy
12:05	Showcase Purple Vipers	GymTrix Voltage	Fliptastic Ignite	Biron Vortex
12:10	La Jolla Desire	Showcase Purple Vipers	GymTrix Voltage	Fliptastic Ignite
12:15	Showcase Purple Lightening	La Jolla Desire	Showcase Purple Vipers	GymTrix Voltage
12:20	Baystate Power Rangers	Showcase Purple Lightening	La Jolla Desire	Showcase Purple Vipers
12:25	Showcase Purple Galaxy	Baystate Power Rangers	Showcase Purple Lightening	La Jolla Desire
12:30	Biron Vortex	Showcase Purple Galaxy	Baystate Power Rangers	Showcase Purple Lightening
12:35	Fliptastic Ignite	Biron Vortex	Showcase Purple Galaxy	Baystate Power Rangers

### **Jump Event**

GymTrix Voltage (5)  
 Showcase Purple Vipers (5)  
 La Jolla Desire (5)  
 Showcase Purple Lightening(5)  
 Baystate Power Rangers (6)  
 Showcase Purple Galaxy (6)  
 Biron Vortex (6)  
 Fliptastic Ignite (6)

### **March in Time: 12:45**

#### **Floor Event**

Showcase Purple Galaxy (6)  
 Biron Vortex (6)  
 Fliptastic Ignite (6)  
 GymTrix Voltage (5)  
 Showcase Purple Vipers (5)  
 La Jolla Desire (5)  
 Showcase Purple Lightening(5)  
 Baystate Power Rangers (6)

### **March In Order**

Baystate Power Rangers (6)
Biron Vortex (6)
Fliptastic Ignite (6)
GymTrix Voltage (6)
La Jolla Desire (5)
Showcase Purple Galaxy (6)
Showcase Purple Lightening(5)
Showcase Purple Vipers (5)

Performance by Aurora Kids

Saturday

