

# Power TeamGym Levels 7 and 9

8:45 Open Stretch  
 8:50 Coaches Meeting  
 9:15 Timed Warmups

## Warm up Rotation

<i>Rotation times</i>	<i>TUMBLING</i>	<i>VAULT</i>	<i>MINI TRAMP</i>	<i>FLOOR EXERCISE</i>
9:15	Showcase Liliac Attack	Showcase Purple Reign	La Jolla YMCA	Baystate Instense
9:22	Berks East Phoenix	Showcase Liliac Attack	Showcase Purple Reign	La Jolla YMCA
9:29	Baystate Instense	Berks East Phoenix	Showcase Liliac Attack	Showcase Purple Reign
9:36	La Jolla YMCA	Baystate Instense	Berks East Phoenix	Showcase Liliac Attack
9:43	Showcase Purple Reign	La Jolla YMCA	Baystate Instense	Berks East Phoenix

## March in Time: 10:00

<i>Tumbling Event</i>	<i>Trampet Event</i>	<i>Floor Event</i>
Showcase Liliac Attack	Pruple Reign	Baystate Instense
Berks East Phoenix	Showcase Liliac Attack	La Jolla YMCA
Baystate Instense	Berks East Phoenix	Purple Regin
La Jolla YMCA	Baystate Instense	Showcase Liliac Attack
Purple Regin	La Jolla YMCA	Berks East Phoenix

March In  
 Baystate Instense  
 Berks East Phoenix  
 La Jolla YMCA  
 Showcase Liliac Attack  
 Showcase Purple Reign

Friday

