Aug 2017 – W300/W400 COACHES’ COURSES

GROUP LEADERS AND NAMES
Group 1 - Mary Lee / Hard Workers (W300)
Group 2 – Steve / Winners (W300)
Group 3 - Cassie / Energizers (W400)
Group 4 - Tammy / Champions (W400)

THURSDAY – AUG 24
2:00 Welcome Coaches and Athletes / Camp Guidelines - Gary

LECTURES / TRAINING FOR COACHES - 45 MIN ROTATIONS

300
2:15 BEAM with Tammy in New Gym
3:00 FLOOR with Mary Lee in Dance Gym
3:45 VAULT with Cassie in the New Gym
4:30 BARS with Steve in the Dance Gym

400
FLOOR with Mary Lee in Dance Gym
BEAM with Tammy in the New Gym
BARS with Steve in the Dance Gym
VAULT with Cassie in the New Gym

BOTH 300 and 400
5:15 Aerials for Beam and Floor with Tammy in the New Gym
5:45 COACHES’ DINNER

LECTURES / TRAINING FOR ATHLETES
(Athletes – attend the following lectures if you are not assigned a demonstrator time)

2:15 Conditioning for Physical Abilities - Steve Old Gym
3:00 Plyometrics Upper and Lower – Cassie Old Gym
3:45 Passive and Active Flex – Tammy Old Gym
4:30 Goal Setting – Mary Lee Dance

5:15 Athletes’ Dinner
6:30 Warm-Up – All Coaches and Athletes, Tammy teaches National Team Warm-Up in New Gym
7:00- 9:00 - 4/30 minute rotations

FRIDAY – AUG 25
8:00 Athletes’ Breakfast
8:30 Coaches’ Breakfast
9:00 Assigned Leaders (Hard Workers) for Warm-Up [all coaches and athletes]
9:30-11:50 4/35 minute rotations
12:00 Athletes’ Lunch [Athlete free time after lunch until 2:30 pm]
11:50 Coaches – Floor Dance with Tammy [New Gym]
12:30 Coaches’ Lunch
1:45 Coaches – High Bar / Low Bar releases with Steve [New Gym]
2:30 Assigned Leaders [Winners] for Warm-Ups [all coaches and athletes]
3:00-5:20 4/35 minute rotations
5:20 Coaches – How to Train with Mary Lee [New Gym]
5:30 Athletes’ Dinner
6:00 Coaches’ Dinner
7-8:00 Focused Skill Training
Coaches’ Round Table with Cassie Rice
SATURDAY – AUG 26

8:00  Athletes’ Breakfast
8:30  Coaches’ Breakfast
9:00  Assigned Leaders [Energizers] for Warm-Up (all coaches and athletes)
9:30-11:50  4/35 minute rotations
12:00  Athletes’ Lunch (Athlete free time after lunch until 2:30pm)
11:50  Coaches – Insides with Tammy (New Gym)
12:30  Coaches’ Lunch
2:00  Group Meetings – Prep for Rotations with your group leaders
2:30  Assigned Leader [Champions] for Warm-Up (all coaches and athletes)
3:00-5:20  4/35 min rotations
5:20  Coaches – Conditioning Strategies with Mary Lee (New Gym)
5:30  Athletes’ Dinner
6:00  Coaches’ Dinner
6:45-7:45  Focused Skill Training
          Coaches’ Round Table with Mary Lee Tracy
8:00  Coaches’ Social / Athletes’ Social-Cafeteria

SUNDAY – AUG 27

8:00  Athletes’ Breakfast
8:30  Coaches’ Breakfast
9:00  Warm-Up All Coaches and Athletes with Cassie with Cassie in New Gym
9:30-12:00  4/40 minute rotations
12:00  Parent/Coach Sign Out from Camp
12:00  Soup and Sandwiches