



# Forward Progress SOUTH Camp

SOUTHERN INDIANA GYMNASTICS

4443 Security Parkway

New Albany, In. 47150

812-288-8188

## ACCOMMODATIONS

Holiday Inn LAKEVIEW

505 Marriott Drive

Clarksville, In 47129

812-283-4411

BREEDERS CUP WEEKEND

BLOCK OF ROOMS DEADLINE DATE 10/13/06

\$79+ Thursday

\$99+ F/S

To get the special rate you need to mention REGION 5 GYMNASTICS

## Camp registration

# DEADLINE DATE October 13, 2006

### CAMP HOURS

FRIDAY November 3rd

CHECK IN 7:55-8:25

DO NOT COME LATE

WARMUP 8:27-8:37

STRETCH 8:38-8:57

COACHES MEETING

INTRO 8:58-9:09

1ST 9:10-9:59

2ND 10:01-10:50

3RD 10:52-11:41

4TH 11:43-12:32

BREAK 12:32-1:02

QUICK 1:03-1:15

STRETCH AT YOUR 5TH EVENT

5TH 1:16-2:05

6TH 2:07-2:56

7TH 2:58-3:47

COOL 3:48 4:00

DOWN COACHES RULES

### CAMP HOURS

SATURDAY November 4th

DO NOT COME LATE

WARMUP 11:30-11:43

STRETCH 11:44-11:58

1ST 12:00-12:49

2ND 12:51-1:40

3RD 1:42-2:31

4TH 2:33-3:22

BREAK 3:23-3:53

QUICK 3:55-4:08

STRETCH AT YOUR 5TH EVENT

5TH 4:10-4:59

6TH 5:01-5:50

7TH 5:52-6:41

COOL 6:42- 7:00

DOWN COACHES RULES

### Camp HOURS

Sunday November 5th

DO NOT COME LATE

Warmup 8:15-8:31

Stretch 8:32-8:43

1st 8:45- 9:25

2nd 9:27-10:07

3rd 10:09-10:49

4th 10:52-11:32

5th 11:32-12:12

CAMP over 12:13 -----

WRAP-UP CLEAN UP

CAMP PICTURE

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Making sure the streak  
never ends.....

