



# High Tech Camp

@ De Veau's Gymnastics  
 9032 Technology Dr.  
 Fishers, Ind 46038  
 317-849-7744

October 6-8, 2006

Registration deadline date  
 September 15th, 2006

## ACCOMMODATIONS

Hampton Inn NE  
 6817 E. 82nd St.  
 Indpls. In. 46250  
 317-576-0220

Hilton Indy N.  
 8181 N. Shadeland Ave.  
 Indpls. In. 46250  
 317-849-6668

### CAMP HOURS

FRIDAY Oct. 6th, 2006  
 CHECK IN 7:55-8:25  
 DO NOT COME LATE  
 WARMUP 8:27-8:37  
 STRETCH 8:38-8:57  
 COACHES MEETING  
 INTRO 8:58-9:05  
 1ST 9:07-10:02  
 2ND 10:04-10:59  
 3RD 11:01-11:56  
 BREAK 11:58-12:48  
 QUICK 12:50-1:00  
 STRETCH AT YOUR 4TH EVENT  
 4TH 1:02-1:57  
 5TH 1:59-2:54  
 6TH 2:56-3:51  
 COOL 3:52-4:15  
 DOWN COACHES RULES

### CAMP HOURS

SATURDAY Oct. 7th, 2006  
 DO NOT COME LATE  
 WARMUP 1:30-1:43  
 STRETCH 1:44-1:58  
 1ST 2:00-2:55  
 2ND 2:57-3:52  
 3RD 3:54-4:49  
 BREAK 4:51-5:30  
 QUICK 5:32-5:45  
 STRETCH AT YOUR 4TH EVENT  
 4TH 5:47-6:42  
 5TH 6:44-7:39  
 6TH 7:41-8:36  
 COOL 8:37-8:50  
 DOWN COACHES RULES

### Camp HOURS

Sunday Oct. 9th, 2006  
 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

# 17+

*Making sure the streak  
 never ends.....*

