

2018 UPSTATE XCEL FALL CLINIC PLAN

	Station 1	Station 2	Station 3	Station 4	Station 5	Station 6	Station 7	
	VAULT	BARS-1	BARS-2	BEAM ACRO	BEAM DANCE	FLOOR ACRO	FLOOR DANCE	
9:15 AM	GYMNAST & COACHES SIGN-IN							
9:30 AM	XCEL UPDATES FOR COACHES & JUDGES							
9:50 AM	WELCOME, INTRODUCTIONS AND KICK-OFF							
10:00 AM	NATIONAL TEAM WARM-UP							<u>Rotation</u>
10:30 AM	GROUP 1	GROUP 2	GROUP 3	GROUP 4	GROUP 5	GROUP 6	GROUP 7	1
11:00 AM	GROUP 2	GROUP 3	GROUP 4	GROUP 5	GROUP 6	GROUP 7	GROUP 1	2
11:30 AM	GROUP 3	GROUP 4	GROUP 5	GROUP 6	GROUP 7	GROUP 1	GROUP 2	3
12:00 PM	BREAK AND COACHES Q&A							
12:15 PM	REWARM-UP GAME							<u>Rotation</u>
12:30 PM	GROUP 4	GROUP 5	GROUP 6	GROUP 7	GROUP 1	GROUP 2	GROUP 3	4
1:00 PM	GROUP 5	GROUP 6	GROUP 7	GROUP 1	GROUP 2	GROUP 3	GROUP 4	5
1:30 PM	GROUP 6	GROUP 7	GROUP 1	GROUP 2	GROUP 3	GROUP 4	GROUP 5	6
2:00 PM	GROUP 7	GROUP 1	GROUP 2	GROUP 3	GROUP 4	GROUP 5	GROUP 6	7
2:30 PM	BODY SHAPING & CONDITIONING							
3:00 PM	WRAP-UP & THANKS							