



FORWARD PROGRESS CAMP
NOVEMBER 6,7,8

FRI 6th

12:00-12:30	CHECK IN							
12:30-1:00	WARMUP							
	VLT	BAR	BEAM	TUMB	JUDGE	FX DANCE	STRENGTH	
1:00-1:50	A	B	C	D	E	F	G	
1:50-2:40	G	A	B	C	D	E	F	
2:40-3:30	F	G	A	B	C	D	E	
3:30-4:20	E	F	G	A	B	C	D	
4:20-4:50	30 MIN SNACK BREAK							
4:50-5:40	D	E	F	G	A	B	C	
5:40-6:30	C	D	E	F	G	A	B	
6:30-7:20	B	C	D	E	F	G	A	

SAT 7th

12:00-12:30	WARMUP							
	VLT	BAR	BEAM	TUMB	JUDGE	FX DANCE	STRENGTH	
12:30-1:20	D	E	F	G	A	B	C	
1:20-2:10	C	D	E	F	G	A	B	
2:10-3:00	B	C	D	E	F	G	A	
3:00-3:50	A	B	C	D	E	F	G	
3:50-4:20	30 MINUTE SNACK BREAK							
4:20-5:10	G	A	B	C	D	E	F	
5:10-6:00	F	G	A	B	C	D	E	
6:00-6:50	E	F	G	A	B	C	D	

SUN 8th

8:00-8:30	WARMUP				
	VLT	BAR	BEAM	TUMB	FX DANCE
8:30-9:10	1	2	3	4	5
9:10-9:50	5	1	2	3	4
9:50-10:30	4	5	1	2	3
10:30-11:10	3	4	5	1	2
11:10-12:00	2	3	4	5	1
12:00-12:30	CLEAN UP CAMP REVIEW BY CLINICIANS				