



THURSDAY, DECEMBER 18, 2025

12:00 - 4:00 PM OPEN TRAINING - ALL LEVELS

FRIDAY, DECEMBER 19, 2025

11:00 - 11:55 AM LVL 8 THRU ELITE TRAINING - TRA ONLY

SESSION 1

	Time	LVL	TR-A	LVL	TU	LVL	DM
A	12:00 - 12:30 PM	LVL 10	15-16 M				
		LVL 10	11-12 M				
		LVL 10	13-14 M				
		LVL 10	10U F				
		LVL 10	13-14 F				
B	12:30 - 1:00 PM	LVL 9	15+ F				
		LVL 9	13-14 F				
		LVL 9	11-12 F				
		LVL 9	11-12 M				
C	1:00 - 1:30 PM	LVL 8	15+ F				
		LVL 8	15+ M				
		LVL 8	13-14 F				
		LVL 8	13-14 M				
		LVL 8	11-12 F				
D	1:30 - 2:00 PM	LVL 7	15+ F				
		LVL 7	13-14 F				
		LVL 7	11-12 F				
		LVL 7	9-10 F				
		LVL 7	8U F				
E	2:00 - 2:20 PM	LVL 5	9-10 F				
		LVL 5	8U F				
F	2:20 - 2:40 PM	LVL 6	9-10 M				
		LVL 5	15+ F				
		LVL 5	13-14 F				
		LVL 5	11-12 F				
		LVL 5	9-10 M				

2:40 - 3:00 PM LUNCH BREAK

FRIDAY, DECEMBER 19, 2025						
SESSION 1						
G	3:00 - 3:20 PM	LVL 4	13-14 F	LVL 8 - ELITE		
		LVL 4	11-12 M			
		LVL 4	9-10 M			
		LVL 4	9-10 F			
		LVL 4	7-8 F			
		LVL 4	15+ F			
H	3:20 - 3:40 PM	LVL 3	9-10 F	TRAINING		
		LVL 3	6U F			
I	3:40 - 4:00 PM	LVL 2	11-12 F			
		LVL 2	7-8 F			
		LVL 2	6U F			
		LVL 1	7-8 F			
		LVL 1	7-8 M			
		LVL 1	6U F			
J	4:00 - 4:20 PM			SR	17+ F	
				IE	17+ F	
				LVL 10	15-16 M	
				LVL 9	13-14 F	
				LVL 9	9-10 F	
				LVL 8	15+ F	
				LVL 8	13-14 F	
				LVL 8	11-12 M	
				LVL 8	11-12 F	
K	4:20 - 4:40 PM			LVL 6	13-14 F	
				LVL 6	9-10 F	
				LVL 6	15+	
L	4:40 - 5:00 PM			LVL 6	15+ M	
				LVL 6	11-12 F	
				LVL 6	8U F	
M	5:00 - 5:20 PM			LVL 5	13-14 M	
				LVL 5	9-10 M	
				LVL 5	9-10 F	
				LVL 5	8U F	

SATURDAY, DECEMBER 19, 2025							
SESSION 2							
	Time	LVL	TR-A	LVL	TU	LVL	DM
A	11:00 - 11:30 AM			LVL 4	15+ F		
				LVL 4	13-14 F		
				LVL 4	9-10 F		
				LVL 4	7-8 F		
				LVL 4	9-10 M		
B	11:30 - 12:00 PM			LVL 3	7-8 F	LVL 8 - ELITE	
				LVL 3	9-10 F		
C	12:00 - 12:20 PM			LVL 3	6U F		
				LVL 3	13-14 F		
				LVL 3	11-12 F		
				LVL 3	11-12 M		
D	12:20 - 12:40 PM			LVL 2	9-10 F	TRAINING	
				LVL 2	7-8 F		
				LVL 2	6U F		
				LVL 1	7-8 F		
				LVL 1	7-8 M		
E	12:40 - 1:00 PM					IE	17-21 M
						JR	15-16 M
						LVL 10	13-14 M
						LVL 10	11-12 M
						LVL 10	10U F
						LVL 10	13-14 F
F	1:00 - 1:30 PM					LVL 9	15+ F
						LVL 9	13-14 F
						LVL 9	11-12 F
						LVL 9	11-12 M
G	1:30 - 2:00 PM					LVL 8	15+ F
						LVL 8	15+ M
						LVL 8	13-14 M
						LVL 8	13-14 F
						LVL 8	11-12 F
2:00 - 2:30 PM							
LUNCH BREAK							

SATURDAY, DECEMBER 19, 2025

SESSION 2

	Time	LVL	TR-A	LVL	TU	LVL	DM
H	2:40 - 3:00 PM					LVL 7	15+ F
						LVL 7	11-12 F
						LVL 7	9-10 F
I	3:00 - 3:20 PM					LVL 6	9-10 M
						LVL 6	9-10 F
						LVL 6	8U F
						LVL 5	15+ F
						LVL 5	11-12 F
J	3:20 - 3:40 PM					LVL 5	9-10 M
						LVL 5	8U F
K	3:40 - 4:00 PM					LVL 4	15+ F
						LVL 4	13-14 F
						LVL 4	11-12 F
						LVL 4	9-10 F
L	4:00 - 4:20 PM					LVL 4	6U F
						LVL 4	7-8 F
						LVL 4	9-10 M
						LVL 4	11-12 M
M	4:20 - 4:40 PM					LVL 3	9-10 F
						LVL 3	6U F
						LVL 2	7-8 F
						LVL 2	6U F
						LVL 1	7-8 F
						LVL 1	7-8 M

WARM UP PROCEDURES

ELITE LEVELS

55 MINUTE SESSION WARM UP + TOUCHES/PASSES

Trampoline	2 TOUCHES
Tumbling	3 PASSES
Double Mini	3 PASSES

DEVELOPMENTAL LEVELS 8 THRU OPEN

55 MINUTE SESSION WARM UP + TOUCHES/PASSES

Trampoline	2 TOUCHES
Tumbling	3 PASSES
Double Mini	3 PASSES

DEVELOPMENTAL LEVELS 1 - 7

THURSDAY TRAINING + TOUCHES/PASSES

Trampoline	2 TOUCHES
Tumbling	2 PASSES
Double Mini	2 PASSES