



Team Training Schedule

August 21, 2023 – June 16, 2024

Team	Days	Times	Coaches
Level 1 4 hrs./wk.	Monday	5:30 – 7:30 pm	<u>Co-Head Coaches</u> Rachel P., Danica A. & Caitlyn B.
	Saturday	9:00 – 11:00 am	
Level 2 9 hrs./wk.	Tuesday	5:30 – 8:30 pm	<u>Co-Head Coaches</u> Danica A. & Emily Z. <u>Assistant Coach</u> Maggie M.
	Thursday	5:30 – 8:30 pm	
	Sunday	12:30 – 3:30 pm	
Level 3 12 hrs./wk.	Tuesday	4:00 – 8:00 pm	<u>Head Coach</u> Pauline R. <u>Assistant Coach</u> Emily C.
	Thursday	4:00 – 8:00 pm	
	Saturday	8:30 – 12:30 pm	
Level 4 12 hrs./wk.	Monday	4:00 – 8:00 pm	<u>Head Coach</u> Samantha C. <u>Assistant Coach</u> Danica A. & Brittany B.
	Wednesday	4:00 – 8:00 pm	
	Friday	4:00 – 8:00 pm	
Level 5 16 hrs./wk.	Tuesday	4:00 – 8:00 pm	<u>Coaches</u> Mel, Dave & Trevor
	Thursday	4:00 – 8:00 pm	
	Friday	3:30 – 7:30 pm	
	Sunday	12:30 – 4:30 pm	
Level 7 16 hrs./wk.	Monday	4:00 – 8:00 pm	<u>Coaches</u> Mel, Dave & Trevor
	Wednesday	4:00 – 8:00 pm	
	Friday	3:30 – 7:30 pm	
	Sunday	12:30 – 4:30 pm	
Level 8 / 9 / 10 20 hrs./wk.	Monday	3:00 – 7:00 pm	<u>Coaches</u> Mel, Dave & Trevor
	Tuesday	3:00 – 7:00 pm	
	Wednesday	3:00 – 7:00 pm	
	Thursday	3:00 – 7:00 pm	
	Sunday	12:30 – 4:30 pm	

**** Please Read Notes & Friendly Reminders Below ****

NOTES & FRIENDLY REMINDERS

- Gymnast that are unable make their 3:00 pm start time may train from 4:00 – 8:00 pm. Gymnasts will make-up the event they missed or given an equal beneficial assignment if the event is unavailable.
- Please arrive early and consistent for your designated start time.
- Team Handbook: "Make-ups are not a part of the Team Structure." (Pg.3). We will always do our best to accommodate; however, this is not always possible. Make-ups should be viewed as a courtesy, not an expectation.
- Please be well versed with the Team Attendance Policy on Page 4 of the Team Handbook. We prioritize your gymnast(s) safety and competitive readiness. Your cooperation and consistency are key components to this success and validation on future decisions. This structure is to support and strengthen the Team Program as a whole.