

R 8 “Nationals Team” Training Camp

September 15-17, 2023

HOSTED BY: LSU, BATON ROUGE, LA

Schedule

Friday, September 15

3:00-3:50 = Registration at LSU Gym

4:00-4:30 = Introduction & Warm-up / Brad Harris

4:30-5:20 = Rotation # 1

5:20-6:10 = Rotation # 2

6:10-7:00 = Rotation # 3

7:00-7:50 = Rotation # 4

7:50 = Day 1 Closing

Saturday, September 16

11:30-12:00 = Warm-up / Staff

12:00-12:50 = Rotation # 5

12:50-1:40 = Rotation # 6

1:40-2:20 = Food Break and R & R

2:20-2:40 = Quick Stretch / Staff

2:40-3:30 = Rotation # 7

3:30-4:20 = Rotation # 8

4:20-5:10 = Rotation # 9

5:10-6:00 = Rotation # 10

6:00 = Day 2 Closing

Sunday, September 17

9:30-10:00 Warm-up / Staff

10:00-10:50 = Rotation # 11

10:50-12:00 = Open Training

12:00 = Closing of Camp
