

R 8 - Level 6, 7 & 8 Training Camp

July 22-24, 2022

Hosted by: Orlando Metro Lake Mary, Lake Mary, FL

TENTATIVE SCHEDULE (Start & end times will not change.)

Friday, July 22

3:00-3:50 = Registration at OMG

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

4:30-5:10 = Rotation # 1

5:10-5:50 = Rotation # 2

5:50-6:30 = Rotation # 3

6:30-7:10 = Rotation # 4

7:10-7:50 = Rotation # 5

7:50 = Day 1 Closing

Saturday, July 23

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

12:30-1:10 = Rotation # 6

1:10-1:50 = Rotation # 7

1:50-2:30 = Rotation # 8

2:30-3:10 = Rotation # 9

3:10-3:50 = Rotation # 10

3:50 - 4:15 = Food Break and R & R

4:15-4:30 = Quick Stretch / Staff

4:30-5:10 = Rotation # 11

5:10-5:50 = Rotation # 12

5:50 = Day 2 Closing

Sunday, July 24

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

9:30-11:45 = Open Training

11:45 = Closing of Camp