

# FRIDAY JULY 21, 2023

8:00 TO 8:30	ATHLETES REGISTRATION				
8:30 TO 9	IVAN FLOOR PRESENTATION				
8:30 TO 9	ATHLETES WARM UP & CONDITIONING				
9:00 to 9:30	ROTATION 1	ROTATION 2	ROTATION 3	ROTATION 4	ROTATION 5
9:30 to 10:00	ROTATION 5	ROTATION 1	ROTATION 2	ROTATION 3	ROTATION 4
10:00 to 10:30	ROTATION 4	ROTATION 5	ROTATION 1	ROTATION 2	ROTATION 3
10:30 to 11:00	ROTATION 3	ROTATION 4	ROTATION 5	ROTATION 1	ROTATION 2
11:00 to 11:30	ROTATION 2	ROTATION 3	ROTATION 4	ROTATION 5	ROTATION 1
11:30 TO 11:45	FLEXIBILITY				
11:45 TO 12:15	RYAN BARS PRESENTATION				
12:30 TO 1:30	<b>LUNCH BREAK</b>				
1:30 TO 2:00	MICHAEL VAULT PRESENTATION				
1:30 TO 2:00	ATHLETES WARM UP & CONDITIONING				
2:00 TO 2:30	ROTATION 2	ROTATION 3	ROTATION 4	ROTATION 5	ROTATION 1
2:30 TO 3:00	ROTATION 1	ROTATION 2	ROTATION 3	ROTATION 4	ROTATION 5
3:00 to 3:30	ROTATION 5	ROTATION 1	ROTATION 2	ROTATION 3	ROTATION 4
3:30 to 4:00	ROTATION 4	ROTATION 5	ROTATION 1	ROTATION 2	ROTATION 3
4:00 to 4:30	ROTATION 3	ROTATION 4	ROTATION 5	ROTATION 1	ROTATION 2
4:30 TO 4:45	FLEXIBILITY				
4:45 TO 5:30	ATHLETES Q & A WITH BRENNAN-DANAE AND PICTURES, AUTOGRAPH				

# SATURDAY JULY 22, 2023

8:30 TO 9	RYAN PHYSICAL PREPARATION PRESENTATION				
8:30 TO 9	ATHLETES WARM UP & CONDITIONING				
9:00 to 9:30	ROTATION 1	ROTATION 2	ROTATION 3	ROTATION 4	ROTATION 5
9:30 to 10:00	ROTATION 5	ROTATION 1	ROTATION 2	ROTATION 3	ROTATION 4
10:00 to 10:30	ROTATION 4	ROTATION 5	ROTATION 1	ROTATION 2	ROTATION 3
10:30 to 11:00	ROTATION 3	ROTATION 4	ROTATION 5	ROTATION 1	ROTATION 2
11:00 to 11:30	ROTATION 2	ROTATION 3	ROTATION 4	ROTATION 5	ROTATION 1
11:30 TO 11:45	FLEXIBILITY				
11:45 TO 12:15	MICHAEL SPOTTING PRESENTATION				
12:30 TO 1:30	<b>LUNCH BREAK</b>				
1:30 TO 2:00	IVAN HOW START TOPS PROGRAM PRESENTATION				
1:30 TO 2:00	ATHLETES WARM UP & CONDITIONING				
2:00 TO 2:30	ROTATION 2	ROTATION 3	ROTATION 4	ROTATION 5	ROTATION 1
2:30 TO 3:00	ROTATION 1	ROTATION 2	ROTATION 3	ROTATION 4	ROTATION 5
3:00 to 3:30	ROTATION 5	ROTATION 1	ROTATION 2	ROTATION 3	ROTATION 4
3:30 to 4:00	ROTATION 4	ROTATION 5	ROTATION 1	ROTATION 2	ROTATION 3
4:00 to 4:30	ROTATION 3	ROTATION 4	ROTATION 5	ROTATION 1	ROTATION 2
4:30 TO 4:45	FLEXIBILITY				
4:45 TO 5:30	IAN INJURY PREVENTION				

# SUNDAY JULY 23, 2023

8:30 TO 9	ATHLETES WARM UP & CONDITIONING				
9:00 to 9:30	ROTATION 1	ROTATION 2	ROTATION 3	ROTATION 4	ROTATION 5
9:30 to 10:00	ROTATION 5	ROTATION 1	ROTATION 2	ROTATION 3	ROTATION 4
10:00 to 10:30	ROTATION 4	ROTATION 5	ROTATION 1	ROTATION 2	ROTATION 3
10:30 to 11:00	ROTATION 3	ROTATION 4	ROTATION 5	ROTATION 1	ROTATION 2
11:00 to 11:30	ROTATION 2	ROTATION 3	ROTATION 4	ROTATION 5	ROTATION 1
11:30 TO 11:45	FLEXIBILITY				
11:45 TO 12:30	ATHLETES AWARDS PRESENTATION ATHLETES Q & A WITH COACHES AND PICTURES, AUTOGRAPH				

