

# 2010 Dave Moskovitz *Gymnastics For All* Celebration

Sunday March 21 at Ursinus College

\*\*\* Please allow time to park and walk in the facility.

## Ursinus College

Floy Lewis Bakes Hall (incl. Helfferich Gym)

601 E Main Street

Collegeville, PA 19426

### Session 1 - Team Gym Levels 5 and 6 (7 squads)

7:50 am - Athlete / Coach Check-in

8:00-8:20 - Open Stretch (on the main floor)

8:20-8:35 - Cross Floor Tumbling (3 passes per squad)

8:40-9:00 - Timed Warm-ups (2 min per station)

9:05 - March-in, Introductions, Dedication

9:25-10:30 - Competition

\*\*\* Awards Immediately Following Session

### Session 2 - Team Gym Levels 1 and 2 (11 squads)

10:10 am - Athlete / Coach Check-in

10:20-10:45 - Open Stretch (in the back gym)

10:50-11:15 - Timed Warm-ups (2 min per station, includes sectioned off Tumble area)

11:20 - March-in, Introductions, Dedication

11:40-1:00 - Competition

\*\*\* Awards Immediately Following Session

### Session 3 - Gym Fest (3 gyms, 6 performances)

12:30 pm - Athlete / Coach Check-in

12:40-1:10 - Open Stretch (in the back gym)

1:10-1:20 - Skyview Warm-up (2 numbers)

1:20-1:30 - Berks East Warm-up (3 numbers)

1:30-1:35 - Northern Elite Warm-up (1 number)

1:40 - March-in, Introductions, Dedication

1:55-2:25 - Gym Fest Performances

\*\*\* Awards Immediately Following Session

### Session 4 - Team Gym Levels 3 and 4 (13 squads)

2:00 pm - Athlete / Coach Check-in

2:10-2:30 - Open Stretch (in the back gym)

2:35-2:55 - Cross Floor Tumbling (2 passes per squad)

3:00-3:30 - Timed Warm-ups (2 min per station)

3:35 - March-in, Introductions, Dedication

3:55-5:30 - Competition

\*\*\* Awards Immediately Following Session

