

**AIRBORNE T&T TEAM TRAINING CAMP
JULY 15-16-17, 2022**

**AIRBORNE ACADEMY-NEBRASKA
ALL AMERICAN GYMNASTICS ACADEMY-SOUTH DAKOTA
LIBERTY GYMNASTICS-MISSOURI**

COACHES

**TEX WOMACK-AIRBORNE
TAYLOR MILLER-AIRBORNE
SUNNY HASEBE-ALL AMERICAN
TAMMY MONACO-LIBERTY**

COST IS \$180 PER ATHLETE

SCHEDULE -FRIDAY (15TH)

**1-1:20 WARM-UP
1:20-1:30 - SELECT TRAINING GROUPS
1:30-2:10 1ST ROTATION
2:10-2:20 BREAK
2:20-3:00 2ND ROTATION
3:00-3:10 BREAK
3:10-3:50 3RD ROTATION
3:50-4 FREE TIME AND END OF DAY #1**

SATURDAY (16TH) 1ST SESSION OF 2

**9:00 -9:20 WARM-UP
9:20-9:30 GET READY AND GROUPING
9:30-10:10 1ST ROTATION
10:10-10:20 BREAK
10:20-11:00 2ND ROTATION
11:00-11:10 BREAK
11:10-11:50 3RD ROTATION
11:50-12:00 FREE TIME**

SATURDAY - 2ND SESSION

**1:00-1:20 WARM-UP
1:20-1:30 BREAK AND GET READY
1:30-2:10 1ST ROTATION
2:10-2:20 BREAK
2:20-3:00 2ND ROTATION
3:00-3:10 BREAK**

3:10-3:50 3RD ROTATION
3:50-4:00 FREE TIME AND END OF DAY
SUNDAY (17TH)
9:00-9:20 WARM-UP
9:20-9:30 BREAK AND GET READY
9:30-10:10 1ST ROTATION
10:10-10:20 BREAK
10:20-11:00 2ND ROTATION
11:00-11:10 BREAK
11:10-11:50 3RD ROTATION
11:50-12:00 FREE TIME AND END OF CAMP

REGISTER YOUR ATHLETES ON THE AIRBORNE ACADEMY
WEBSITE. AIRBORNE ACADEMY
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OMAHA, NEBRASKA 68137
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