



Men's Gymnastics Summer Camp 2 (July 8-10)

Wednesday, 7/8 Schedule

10:00AM	Check in at Bromley Hall
11:30AM	<i>Lunch at Bromley</i>
12:30PM	Depart for Kenney Gym
1:00PM	Staff Intro + Camp Rules
1:45PM	Warm-up & Stretch
2:15PM	Rotation 1
2:55PM	Rotation 2
3:35PM	Rotation 3
4:15PM	Depart for Bromley
<i>4:45PM</i>	<i>Dinner at Bromley</i>
5:45PM	Depart for Kenney Gym
6:15PM	Warm-up & Stretch
6:30PM	Rotation 4
7:10PM	Rotation 5
7:50PM	Rotation 6
8:30PM	Depart for Bromley
10:00PM	In rooms
11:00PM	Lights out

Thursday, 7/9 Schedule

8:00AM	<i>Breakfast at Bromley</i>
9:00AM	Depart for Kenney Gym
9:30AM	Warm-up & Stretch
10:00AM	Rotation 1
10:40AM	Rotation 2
11:20AM	Rotation 3
<i>12:00PM</i>	<i>Subway lunch at Kenney Gym</i>
12:30PM	<u>Option 1:</u> Pool time (1-4PM) <u>Option 2:</u> High Performance Lecture (12:30-2) Watch Illini Practice (2-4)
4:00PM	Return to Bromley
<i>5:00PM</i>	<i>Dinner at Bromley</i>
6:00PM	Depart for Kenney Gym
6:30PM	Warm-up & Stretch
6:45PM	OPEN GYM!
8:30PM	Depart for Bromley
10:00PM	In rooms
11:00PM	Lights out

Friday, 7/10 Schedule

<i>7:00AM</i>	<i>Breakfast at Bromley</i>	12:30PM	Depart for Kenney
8:00AM	Leave for Kenney Gym	1:00PM	MINI OLYMPICS!
8:30AM	Warm-up & Stretch	<i>4:00PM</i>	<i>Q&A with sandwiches & snacks</i>
9:00AM	Rotation 4	5:00PM	Warm-up & Stretch
9:40AM	Rotation 5	5:15PM	OPEN GYM!
10:20AM	Rotation 6	6:30PM	Camp Send Off/CV award
11:00AM	Depart for Bromley	6:45PM	Pick kids up from Kenney Gym
<i>11:30AM</i>	<i>Lunch at Bromley</i>		