

HANDS-ON SPOTTING SESSIONS

Friday, August 7 – 1:15–2:15 pm

Spotting Athletes with Special Needs

Friday, August 7 – 3:45–4:45 pm

Recreational Skills

Saturday, August 8 – 8:15–9:15 am

BARS: Kips

BEAM: Basic Acro Skills

FLOOR: Back Handsprings, Front Handsprings

Saturday, August 8 – 10:45–11:45 am

BARS: Clear Hips & Group 3, 6, 7 Circles

FLOOR: RO–BHS–BHS, Front Tumbling

Saturday, August 8 – 1:15–2:15 pm

BARS: Flyaways

BEAM: Acro Skills & Connections

FLOOR: Aerials, Standing Back Tucks, Front Tucks

Sunday, August 9 – 8:15–9:15 am

BARS: Low Bar Giants

FLOOR: Roundoff–BHS–Back Tuck & Beyond

Sunday, August 9 – 10:45–11:45 am

VAULT: Yurchenko Training

BARS: Overshoots

BEAM: Dismounts

PARTICIPANTS AGED 18 OR OLDER MUST BE

U110 SAFE SPORT TRAINED

TO PARTICIPATE IN HANDS ON SPOTTING ACTIVITIES