

Initial Schedule 9/22-01/01 for Boys team program	Team.	Initial Boys Team Program	Dates	Sept 22nd 2008 - Jan 1st 2009
	Purpose	Develop a boys team	Coach	David Merrill

Finalized schedule.

5:30-6:30, younger boys (younger will depend on the number of boys enrolled)

6:45-8:00, older boys (older will depend on the number of boys enrolled)

Develop rapport with gymnast, learning what each gymnast knows, learning/working skills, strength, flexibility. Distinguish boy team potentials. Two hour slots can vary.

Monday

No gymnastics on Tuesday, (Until distinguished team practices)

5:30-6:30, younger boys (younger will depend on the number of boys enrolled)

6:45-8:00, older boys (older will depend on the number of boys enrolled)

Develop rapport with gymnast, learning what each gymnast knows, learning/working skills, strength, flexibility. Distinguish boy team potentials. Two hour slots can vary.

Tuesday

Wednesday

No gymnastics on Thursdays

No boys gym on Friday, unless we need another class. We will definitely use this day once a team is established.

10:30-11:30am working with Boys/Fitness and Gym.

Thursday

Friday

Saturday