

# **Xcelling for Xcellence**

**June 26-28, 2020**

## **Sample Daily Schedule:**

### **Friday, June 26**

- 8:30-8:45 = Gym Opens & Check-in
- 8:45-9:15 = Groups & Stretching
- 9:15-9:55 = Rotation 1
- 9:55-10:45 = Rotation 2
- 10:45-11:35 = Rotation 3
- 11:35-12:25 = Rotation 4
- 12:25-1:00 = Lunch (bring your own lunch; we provide snack and drink)
- 1:00-1:50 = Rotation 5
- 1:50-2:40 = Open Practice
- 2:40-4:00 = Conditioning Games

### **Saturday, June 27**

- 8:30-8:45 = Gym Opens & Check-in
- 8:45-9:15 = Groups & Stretching
- 9:15-9:55 = Rotation 1
- 9:55-10:45 = Rotation 2
- 10:45-11:35 = Rotation 3
- 11:35-12:25 = Rotation 4
- 12:25-1:00 = Lunch (bring your own lunch; we provide snack and drink)
- 1:00-1:50 = Rotation 5
- 1:50-2:40 = Open Practice
- 2:40-4:00 = Splash Pad/Water Games/Outdoor Relays

### **Sunday, June 28**

- 8:30-8:45 = Gym Opens & Check-in
- 8:45-9:15 = Groups & Stretching
- 9:15-9:55 = Rotation 1
- 9:55-10:45 = Rotation 2
- 10:45-11:35 = Rotation 3
- 11:35-12:25 = Rotation 4
- 12:25-1:00 = Lunch (bring your own lunch; we provide snack and drink)
- 1:00-1:50 = Rotation 5
- 1:50-2:40 = Open Practice
- 2:40-3:45 = Dance Performance and Event Skills Competition
- 3:45-4:00 = "Gift", Group Photo, & Awards