

ADDITIONAL TRAINING TIMES

for gymnasts attending the Region 1 Championships.

as of: 3/2/2023

To All Coaches:

There are a couple of openings at the competition site that will be available for additional training times for gymnasts attending the Region 1 Championships. Gymnasts at all **levels 4-10** (*that have not competed yet*), may take advantage of these times. **ONLY the warm-up gym** is available for use (*the competition gym is off limits*).

No gymnasts will be allowed to use the equipment without a coach present.

The times that the warm-up gym will be available are as follows:

On **Thursday**, after Session 3, when Flight B leaves the warm-up gym to compete their 6th event (12th rotation). The warm-up gym will be open for additional training until the Session 3 award ceremony is complete (*this is approximately 1hr 15min*).

On **Friday**, after Session 6, when Flight B leaves the warm-up gym to compete their 6th event (12th rotation). The warm-up gym will be open for additional training until the Session 6 award ceremony is complete (*this is approximately 1hr 15min*).

On **Saturday**, after Session 9, when Flight B leaves the warm-up gym to compete their 6th event (12th rotation). The warm-up gym will be open for additional training until the Session 9 award ceremony is complete (*this is approximately 1hr 15min*).