

## **No training on Sat night**

### **ADDITIONAL TRAINING TIMES**

for gymnasts attending the Region 1 Championships.

*as of: 3/28/2024*

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. **Coaches, check the rotation schedule before you and your team arrive for training. Only use the gym that you will be competing in.**

**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 all competing gymnasts leave the gym after their 6<sup>th</sup> event (12<sup>th</sup> rotation). The competition gyms 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 all competing gymnasts leave the gym after their 6<sup>th</sup> event (12<sup>th</sup> rotation). The competition gyms will be open for additional training until the Session 3 award ceremony is complete (*this is approximately 1hr 15min*).