

10.0 Camp Itinerary



Day 1

9:00 - 9:30 AM - Check in at the Francis Allen Training Complex
(1600 Court Street, Lincoln, NE, 68508)
Leotard Pick-Up/Payment, Camp Store Available
9:30 - 10:00 AM - Camp Introduction
10:00 - 10:30 AM - Camp Picture
10:30 - 10:50 AM - Warmup/Stretch
10:50 - 12:35 AM - Rotation 1 / Rotation 2 / Rotation 3
12:35 - 1:00 PM - Lunch (**Bring sack lunch!**)
1:00 - 1:30 PM - Game
1:30 - 2:00 PM - Warmup/Stretch
2:00 - 4:20 PM - Rotation 4 / Rotation 5 / Rotation 6 / Rotation 7
4:20 - 4:30 PM - Camp dismissal (Clean-up, camper pick-up at Francis Allen Training Complex)

Day 2

9:00 - 9:15 AM - Drop off/Check in at the Francis Allen Training Complex
9:15 - 9:45 AM - Warmup/Stretch
9:45 - 10:55 AM - Rotation 1 / Rotation 2
10:55 - 11:00 AM - Change for swim!
11:00 - 12:00 PM - POOL TIME (camper can bring a lifejacket if they would feel more comfortable)
12:00 - 1:00 PM - Lunch (**Bring sack lunch!**)
1:00 - 1:30 PM - Warmup/Stretch
1:30 - 4:20 PM - Rotation 3 / Rotation 4 / Rotation 5 / Rotation 6 / Rotation 7
4:20 - 4:30 PM - Camp dismissal (Clean-up, camper pick-up at Francis Allen Training Complex)

Day 3

9:00 - 9:15 AM - Drop off/Check in at the Francis Allen Training Complex
9:15 - 9:45 AM - Warmup/Stretch
9:45 - 12:05 PM - Rotation 1 / Rotation 2 / Rotation 3 / Rotation 4
12:05 - 12:45 PM - Lunch (**Bring sack lunch!**)
12:45 - 1:15 PM - Handstand Contest
1:15 - 1:45 PM - Stretch/Warmup
1:45 - 3:30 PM - Rotation 5 / Rotation 6 / Rotation 7
3:30 - 4:00 PM - Ticket Prizes
(3:55 PM - Parents Arrive at Francis Allen Training Complex)
4:00 - 4:20 PM - Show Camp Dances
4:20 - 4:30 PM - Autographs & Camp Dismissal