

2017 Northern California

National Training Day

When:

Sunday, April 23rd, 2017

Cost:

Free

10:00 am - 4:00 pm

Lunch offsite 12:30pm-1:30pm (bring money)

Where:

Technique Gymnastics

**11345 Folsom Blvd
Rancho Cordova, CA 95742**

Who:

**All National
Qualifiers**

Schedule:

10:00 am - 12:30 pm

Warm up and first 3
event rotations/team
building

12:30 pm - 1:30 pm

Lunch (not provided)
Gymnasts should either
bring lunch or money
for an off site meal

1:30 pm - 4:00 pm

Last 3 events/team
building

This event is for all gymnasts that qualify to either JO National Championships or to the AAI High School National Championships. All gymnasts and their coaches are strongly encouraged to attend this training camp.

E-mail John Lucas if you are planning on attending or for more information:

Flipenforchrist@yahoo.com

We hope to see you there!