

MUSTANG Camp 2009 Schedule

SATURDAY

- 8:45-9:45 Res. Move In
- 10:15-12:00 Stunt Classes
Pyramid Building Blocks
- 12:15 - 1:15 Lunch Break
- 1:30-2:15 Basket Tosses and
Transitional Tricks
- 2:30-3:30 Transitional and Comp.
Pyramids
- 3:30-4:30* "Routine" Start (4x8)
•Light Evaluation
* •Boot Camp Teams 4:30+
- 4:45-6:00 Dinner Break
- 6:30-8:00 1. Mustang Mayhem 2.0 (Field)
3 Choices 2. Captains and Leaders Session (Tennis Court)
3. Optional Gymnastics (AH)
•Boot Camp Teams 6:30 SHARP
- 8:00 Wrap up on Huron Lawn

SUNDAY

- 7:45-8:30 Breakfast
- 9:00- 10:30 Stunt Class
Pyramid Building Blocks
- 10:30-11:30* "Routine" Ending (4x8)
•*Boot Camp Teams 11:30*
- 11:45-12:45 Lunch Break
- 1:00-2:00 Transitional and Comp.
Pyramids
- 2:00-2:30 Skill Competitions
(*Stunts, Jumps, Endurance*)
- 2:30-3:15 Routine Endings and
Starts (*polish, perform
and evaluate*)
- 3:15 Wrap up and Check out
****REMEMBER to drop
off your Room Keys!!**



ALWAYS be at each class start at least 10 minutes before the scheduled start time. Please don't make other athletes wait because you are late.