



Training Schedule

Thursday, May 16, 2019

Sessions 1 - 4 is training for Level 10, YE, JR and Open (No Senior training during this time)				
9:00am - 11:00am	11:00am - 1:00pm	1:00pm - 3:00pm	3:00pm - 5:00pm	5:00pm - 7:00pm
Stretching 8:30am	Stretching 10:30am	Stretching 12:30pm	Stretching 2:30pm	Stretching 4:30pm
ETA	Acrospirits	STLE	FOND	All athletes who are senior in one or more events may train all disciplines during this time.
Elite World	Air Benders	Stars Gymnasrtics	K and L Tumbletown	
Elmwood	Air Extreme	Stingray T&T	KC Trampoline Club	
Fairland Gymnastics	Air Sports Unlimited	TAG	Kris Power Tumbling	SYNCHRO
Fire House Gymnastics	Airborne Academy	TEG	Let it Shine	7:00pm - 8:00pm
Flip Factory T&T	Airborne Colorado	3TI	Manning Gymnastics	Stretching 6:30 pm
Fox Valley T&T	All American	The Edge	MTGA	Lv 10 - 14UM/F
Funtastic	American Airborne	The Palaestra	MJM	LV 10 - 15+M/F
Garden State	Amplify Gymnastics	Top Star	MPSC	YE 11-12 M/F
Giguere Gymnadtics	Capital Gymnastics	Tornado Sports Club	National Gymnastics	YE 13-14 M/F
Gypsy Flyers Eagan	Carolina Elite	T&T Express	NVG	
Gypsy Flyers BP	CIA	Trevinos	Novaks	SYNCHRO
Gymnast Factory	CIGA	Tumble Tech	OXT	8:00pm - 9:00pm
Gym Academy Rockford	Champions Westlake	Twist and Shout	Park Avenue Gym	Stretching 7:30 pm
Gymnastics Central	Clovis Gymnastics	TwistStars	Powerhouse	JR M/F
Gymnastics Du Sol	Team Legacy	Ultimate Air	Premier Athletics	SR M/F
Hangtime TNT	Dulles Gymnastics	Vargas Academuy	Premier Gymnastics	
Hawaii Academy	Dynamite Gymnastics	Gymagic	SGT	OE M/F
High Altitude	Eagles Gymnastics	Walters GymJam	SGA Ballard	
High Energy	EWA Prosper	Wasatch	Silver Stars	
HCG	Edge Sports	WHGF	Skywalkers	
Indigo	ESCX	WCC	So Cal TTC	
Integrity Athletics		World Elite	Sonshine Academy	
J&J T&T			Sonshine Gymnastics	

5:00 - 7:00 SR Trampoline	5:00 - 7:00 SR Tumbling	5:00 - 7:00 SR Double Mini
Tristan Ackerso	Hope Bravo	Aubrey Beyers
Nicole Ahsinger	Kaden Brown	Aidan Casey
Paul Bretscher	Drew Collins	Ellie Clater
Jeremy Cooper	Caitlyn Crawford	Jeremy Cooper
Joshua Cooper	Andrew Davis	Joshua Cooper
Charlotte Crury	Eve Doudican	Kellyn Euhus
Wolfgang Fanestiel	Haydn Fitzgerald	Wolfgang Fanestiel
Davy Ford	Eliza Floisand	Nick Francken
Nick Francken	Grant Forsee	Susan Gill
Cody Gesuelli	Aaron Jett	Trevor Harder
Jeffrey Gluckstein	Kayne Johnson	Randy Holmes
Trevor Harder	Ellie Kirane	Mikaela Hunter
Ellen Heinen	Brandon Krzynefski	Lacey Jenkins
Joey Isenberg	Patrick Lyell	Ariel Kibler
Ariel Kibler	Ashley McDonald	Kiley Lockett
Camilla Lopes Gomes	Alex Renkert	Kristle Lowell
Jenna Mazza	Tate Simmon	Nick Melloni
Alyssa Oh	Isabel Steinmetz	KJ Newman
Noah Orr	Rachel Thevenot	Noah Orr
Ruben Padilla	Daniela Zavala	Ruben Padilla
Hally Piontek		Hally Piontek
Casey Primiano		Joshua Rasul
Joshua Rasoul		Alex Renkert
Isaac Rowley		CJ Rhoades
Aliaksei Shostak		Tate Simmon
Shea Silhan		Weston Sitz
Olivia Simpson		Simon Smith
Weston Sitz		Trinity Van Natta
Simon Smith		Tristan Van Natta
Jessica Stevents		Kayttie Nakamura
Susan Stringfellow		Sydney Senter
Trinity Van Natta		
Nico Verderrosa		
Lexi Vigil		
Elijah Vogel		

Sarah Webster		
Lourens WilLekes		
Kayttie Nakamura		
Sydney Senter		

TO ALL TUMBLERS:

Some of you may be aware of the plans to test the Ross floor at the March National Team camp. With the cancellation of camp due to inclement weather, this testing process has been moved to Elite Challenge. AAI will bring both floors to the meet: the Acrosport for competition and the Ross floor for feedback.

The good news is that this means all Elites and Level 10s will have an opportunity to participate in the process and work directly with to AAI so that they can make changes. The AAI team will be onsite all weekend – they will bring a variety of foam options, and will be making adjustments to the floor throughout the weekend in response to feedback.

Please read the testing schedule carefully. All athletes will have an opportunity to test the floor for one hour directly following their training session. In addition, Junior and Senior Elites will have additional open sessions scheduled in the mornings of competition.

For those of you who were scheduled to come to March camp, the words of the Athletes' Reps in preparation for the testing process are just as relevant. By working together, we are confident we can all contribute to creating a good product.

TESTING TRAINING SCHEDULE

Thursday, May 16, 2019	Friday, May 17, 2019	Saturday, May 18, 2019
FLOOR TESTING		
11:00 am - 12:00 pm Training Group 1 Tumblers	10:00 am - 12:00 pm JR Elite Tumbling SR Elite Tumbling	11:00 am - 2:00 pm JR Elite Tumbling SR Elite Tumbling
1:00 pm - 2:00 pm Training Group 2 Tumblers		
3:00 pm - 4:00 pm Training Group 3 Tumblers		
5:00 pm - 6:00 pm Training Group 4 Tumblers		