

FALL TEAM TRAINING SCHEDULE GIRLS

2011 - 2012



August 11, 2011

Dear Girls Team Parents,

Below, you will find the team-training schedule for the 2011 - 2012 competitive season. The new schedule will begin on Monday, August 22nd, 2011. **REMINDER, there will be no practice on Saturday, Sunday or Monday September 3rd, 4th, and 5th, due to the Labor Day Weekend. Please mark your calendars.**

I apologize for the delay in the schedule but it was unavoidable. As always, once the schedule has been placed into effect, it may be necessary to make changes which is stated in our team handbook. These changes could possibly mean changing a practice time or even a practice day. Hopefully this situation will not have to happen. However, if this should happen, please try to adjust as best you can. Remember that absolutely **No Change** will ever be made frivolously, and all changes will only be made after due thought and consideration.

As always, we will be unable to accommodate make-ups for missed practices or adjust gymnast's schedules for other personal needs. **Gymnasts may not come late or leave early.** If they will miss warm-ups or conditioning they will have to miss practice altogether. Although this is regrettable, it is necessary in order to maintain safety and continuity in the program.

Thanks,

Bob Ouellette

<u>LEVEL</u>	<u>DAYS</u>	<u>TIMES</u>
LEVEL 10 & 9	Mon, Tues, Wed, Thurs Sun	3:30 - 7:30 PM 4:00 - 8:00 PM
LEVEL 8 / 9 (Training Group)	Mon, Tues, Wed, Thurs Sun	3:30 - 7:30 PM 4:00 - 8:00 PM
LEVEL 8's	Mon, Thurs Fri Sun	5:00 - 9:00 PM 4:30 - 8:00 PM 4:00 - 8:00 PM
LEVEL 7	Mon, Thurs Wed, Sun	5:00 - 9:00 PM 5:00 - 8:30 PM 1:00 - 5:00 PM
LEVEL 6	Tue, Fri Weds Sun	5:30 - 9:00 PM 5:00 - 8:30 PM 1:00 - 5:00 PM
LEVEL 4 & 5	Tue, Fri Sat	5:30 - 9:00 PM 2:00 - 6:00 PM