



2023 Region 6 Camp

Region 6 Men's Gymnastics
 Camp Director: Craig Thibaudeau
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Region 6 Elite Camp Workout Schedules

Thursday July 6th – Half Day

Rotation	Group A	Group B	Group C	Group D	Group E	Group F
3:00-3:20	Line-up and Warm-up					
3:20-4:00	Floor	Pommels	Rings	Vault	Pbars	High bar
4:00-4:40	Pommels	Rings	Vault	Pbars	High bar	Floor
4:40-5:20	Rings	Vault	Pbars	High bar	Floor	Pommels
5:20-5:30	Team challenge					

Friday July 7th – Full Day

Rotation	Group A	Group B	Group C	Group D	Group E	Group F
9:00-9:20	Line-up and Warm-up					
9:20-9:45	Basic Tumbling: whole group (Duncan and Debbie)					
9:45-10:30	Vault	Pbars	High bar	Floor	Pommels	Rings
10:30-11:15	Pbars	High bar	Floor	Pommels	Rings	Vault
11:15-12:00	High bar	Floor	Pommels	Rings	Vault	Pbars
12:00-12:45	Group Strength (athletes start on last rotation event- group leaders stay put)					
12:45-1:00	15-minute mental training clinic (Craig)					
1:00-1:30	Lunch					
1:30-3:00	Rest					
3:00-3:20	Line-up and Warm-up					
3:20-4:00	Floor	Pommels	Rings	Vault	Pbars	High bar
4:00-4:40	Pommels	Rings	Vault	Pbars	High bar	Floor
4:40-5:20	Rings	Vault	Pbars	High bar	Floor	Pommels
5:20-5:30	Team Challenge					
5:30-6:30	Dinner					

Saturday July 8th – Full Day

Rotation	Group A	Group B	Group C	Group D	Group E	Group F
9:00-9:20	Line-up and Warm-up					
9:20-9:45	Handstands and Drills (Danilo)					
9:45-10:30	Vault	Pbars	High bar	Floor	Pommels	Rings
10:30-11:15	Pbars	High bar	Floor	Pommels	Rings	Vault
11:15-12:00	High bar	Floor	Pommels	Rings	Vault	Pbars
12:00-12:45	Open Gym (One group leader per event- athletes can rotate around)					
12:45-1:00	15-minute mental training clinic (Craig)					
1:00-1:30	Lunch					
1:30-3:00	Rest					
3:00-3:20	Line-up and Warm-up					
3:20-4:00	Floor	Pommels	Rings	Vault	Pbars	High bar
4:00-4:40	Pommels	Rings	Vault	Pbars	High bar	Floor
4:40-5:20	Rings	Vault	Pbars	High bar	Floor	Pommels
5:20-5:30	Team Challenge					
5:30-6:30	Dinner					

Sunday July 9th – Full Day

Rotation	Group A	Group B	Group C	Group D	Group E	Group F
9:00-9:20	Line-up and Warm-up					
9:20-9:45	Focused rehab / physical prep / partner strength (Jeff and Charles)					
9:45-10:30	Vault	Pbars	High bar	Floor	Pommels	Rings
10:30-11:15	Pbars	High bar	Floor	Pommels	Rings	Vault
11:15-12:00	High bar	Floor	Pommels	Rings	Vault	Pbars
12:00-12:45	Group Strength (athletes start on last rotation event- group leaders stay put)					
12:45-1:00	15-minute mental training clinic (Craig)					
1:00-1:45	Lunch and clean/pack up dorm rooms					
1:45-3:00	Rest					
3:00-3:20	Line-up and Warm-up					
3:20-4:00	Show Floor & Pommels		Show Rings & Vault		Show Pbars & High bar	
4:00-4:40	Show Rings & Vault		Show Pbars & High Bar		Show Floor & Pommels	
4:40-5:20	Show Pbars & High Bar		Show Floor & Pommels		Show Rings & Vault	
5:20-5:30	Wrap-up / debrief					
5:30	Camp Dismissal					

Region 6 Elite Camp- Full Camp Schedule Overview

Thursday July 6th	Arrival and Half Day Training Arrival Location: Springfield College 263 Alden Street Springfield MA 01109 Dormitory: Gulick Hall * ALL paperwork and payment MUST be complete to attend camp
10:30 – 12:30pm	Arrive at Springfield College and Check in to Dorms
12:30 – 1:30pm	Lunch
1:30 – 3:00pm	Settle into Dorms & Rest
3:00 – 5:30pm	Line-up, Warm-up & Training
5:30 – 6:30pm	Dinner
7:00pm	Team Meeting (Topic: Rest & Recovery for Athletes)
7:30pm	Rest and/or Team Activities
10:00pm	Athletes in Rooms
10:30pm	Lights out

Friday July 7th	Full Day Training
7:30am	Wake-up
8:00am	Team breakfast
9:00 – 1:00pm	Line-up, warm-up & Training
1:00 – 1:30pm	Team Lunch
1:30 – 3:00pm	Rest
3:00 – 5:30pm	Line-up, Warm-up & Training
5:30 – 6:30pm	Dinner
7:00pm	Team Meeting (Topic: Healthy Eating for Athletes)
7:30pm	Rest and/or Team Activities
10:00pm	Athletes in Rooms
10:30pm	Lights out

Saturday July 8th	Full Day Training
7:30am	Wake-up
8:00am	Team breakfast
9:00 – 1:00pm	Line-up, warm-up & Training
1:00 – 1:30pm	Team Lunch
1:30 – 3:00pm	Rest
3:00 – 5:30pm	Line-up, Warm-up & Training
5:30 – 6:30pm	Dinner
7:00pm	Team Meeting (Topic: Camp Feedback and Mental Training for Athletes)
7:30pm	Rest and/or Team Activities
10:00pm	Athletes in Rooms
10:30pm	Lights out

Sunday July 9th	Full Day Training
7:30am	Wake-up
8:00am	Team breakfast
9:00 – 1:00pm	Line-up, warm-up & Training
1:00 – 1:30pm	Team Lunch
1:30 – 3:00pm	Rest
3:00 – 5:30pm	Line-up, Warm-up & Training
5:30pm	Dismissal from camp Athletes will meet their parents at the Gulick Hall Dormitory to gather belongings.