

ACROBATIC GYMNASTICS Training Schedule NOVEMBER 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3 AcroP1 – 3:00-5:00 (G)@OGC Acro P2 – No Training Acro P3 - 9:00-1:00 (A)@OGC Acro P4 - 1:30-5:30 (A)@OGC Age Group - 5:00-8:00 (S/G)@Nest Jnr/Snr – 4:00-8:00 (S/G)@ Nest	4 AcroP1 - 4:00-6:00 (G)@Nest Acro P2 - 3:00-6:00 (A)@Nest Acro P3 - No Training Acro P4 - 5:30-9:00 (A)@Nest Age Group - 6:00-9:00 (G)@Nest Jnr/Snr – 3:00-7:00 (S)@OGC	5 AcroP1 – No Training Acro P2 – No Training Acro P3 - 6:00-9:00 (A)@Nest Acro P4 - 3:00-6:00 (A)@Nest Age Group - 3:30-9:00 (S/G)@Nest Jnr/Snr – 3:30-9:00 (S/G)@ Nest (All gymnasts know which groups they are in and start time)	6 AcroP1 – 3:30-6:30 (G)@Nest Acro P2 – 3:30-6:30 (A)@Nest Acro P3 - No Training Acro P4 - No Training Age Group - 12:00-4:00 (S/G)@Nest Jnr/Snr – 12:00-4:00 (S/G)@ Nest	7 AcroP1 – No Training Acro P2 – No Training Acro P3 - 3:00-6:00 (A)@Nest Acro P4 - 5:30-8:00 (A)@Nest Age Group - 4:00-8:00 (S/G)@Nest Jnr/Snr – 4:00-8:00 (S/G)@ Nest	8 AcroP1 – No Training Acro P2 – 3:00-6:00 (A)@OGC Acro P3 - 5:30-8:30 (A)@OGC Acro P4 - 6:30am-9:30am (S/G)@OGC Age Group - 6:30am-9:30am (S/G)@OGC Jnr/Snr – 6:30am-9:30am (S/G)@OGC	9 JO - Training Camp @ Nest For those who have been invited
10 AcroP1 – 3:00-5:00 (G)@OGC Acro P2 – No Training Acro P3 - No Training Acro P4 - No Training (Make Up 13 th Nov) Age Group - 4:00-8:00 (S/G)@Nest Jnr/Snr – 4:00-8:00 (S/G)@ Nest MOCK MEET 1	11 AcroP1 - 4:00-6:00 (G)@Nest Acro P2 - 3:00-6:00 (A)@Nest Acro P3 - No Training Acro P4 - 5:30-9:00 (A)@Nest Age Group - 6:00-9:00 (G)@Nest Jnr/Snr – 3:00-7:00 (S)@OGC	12 AcroP1 – No Training Acro P2 – No Training Acro P3 - 6:00-9:00 (A)@Nest Acro P4 - 3:00-6:00 (A)@Nest Age Group - 3:30-9:00 (S/G)@Nest Jnr/Snr – 3:30-9:00 (S/G)@ Nest (All gymnasts know which groups they are in and start time)	13 AcroP1 – 3:30-6:30 (G)@Nest Acro P2 – 3:30-6:30 (A)@Nest Acro P3 - No Training Acro P4 - 3:30-6:30 (A)@Nest Age Group - 12:00-4:00 (S/G)@Nest Jnr/Snr – 12:00-4:00 (S/G)@ Nest	14 AcroP1 – No Training Acro P2 – No Training Acro P3 - 3:00-6:00 (A)@Nest Acro P4 - 5:30-8:00 (A)@Nest Age Group - 4:00-8:00 (S/G)@Nest Jnr/Snr – 4:00-8:00 (S/G)@ Nest	15 AcroP1 – No Training Acro P2 – 3:00-6:00 (A)@OGC Acro P3 - 5:30-8:30 (A)@OGC Acro P4 - 6:30am-9:30am (S/G)@OGC Age Group - 6:30am-9:30am (S/G)@OGC Jnr/Snr – 6:30am-9:30am (S/G)@OGC	16 Off
17 AcroP1 – 3:00-5:00 (G)@OGC Acro P2 – No Training Acro P3 - 9:00-1:00 (A)@OGC Acro P4 - 1:30-5:30 (A)@OGC Age Group - 4:00-7:00 (S/G)@Nest Jnr/Snr – 4:00-7:00 (S/G)@ Nest MOCK MEET 2 (FINISH AT SAME AS FIRST ONE - APPROX. 7PM)	18 AcroP1 - 4:00-6:00 (G)@Nest Acro P2 - 3:00-6:00 (A)@Nest Acro P3 - No Training Acro P4 - 5:30-9:00 (A)@Nest Age Group - 6:00-9:00 (G)@Nest Jnr/Snr – 3:00-7:00 (S)@OGC	19 AcroP1 – No Training Acro P2 – No Training Acro P3 - 4:00-7:00 (A)@Nest Acro P4 - 4:00-7:00 (A)@Nest Age Group - 9:00-11:00 (S/G)@Nest Jnr/Snr – 9:00-11:00 (S/G)@ Nest Groups that are left - 4:00-7:00 @Nest with Alyssa	20 AcroP1 – No Training Acro P2 – 3:30-6:30 (A)@Nest Acro P3 - No Training Acro P4 - No Training Age Group - Mexico Jnr/Snr – Mexico Groups that are left - 3:30-6:30 @Nest with Alyssa	21 AcroP1 – No Training Acro P2 – No Training Acro P3 - 4:00-7:00 (A)@Nest Acro P4 - 4:00-7:00 (A)@Nest Age Group - Mexico Jnr/Snr – Mexico Groups that are left - 4:00-7:00 @Nest with Alyssa	22 AcroP1 – No Training Acro P2 – 3:00-6:00 (A)@OGC Acro P3 - 5:30-8:30 (A)@OGC Acro P4 - No Training Age Group - Mexico Jnr/Snr – Mexico Groups that are left - 5:30-8:30 @OGC with Alyssa	23 Off Age Group - Mexico Jnr/Snr – Mexico
24 AcroP1 – No Training Acro P2 – No Training Acro P3 - 9:00-1:00 (A)@OGC Acro P4 - 1:30-5:30 (A)@OGC Age Group - Mexico Jnr/Snr – Mexico Groups that are left - 1:30-5:30 @OGC with Alyssa	25 AcroP1 – No Training Acro P2 - 4:00-7:00 (A)@Nest Acro P3 - No Training Acro P4 - 4:00-7:00 (A)@Nest Age Group - 4:00-7:00 (G)@Nest Jnr/Snr – 4:00-7:00 (S)@OGC Groups that are left - 4:00-7:00 @Nest with Alyssa	26 AcroP1 - 3:00-5:00 (G)@Nest MAKE UP Acro P2 – No Training Acro P3 - 6:00-9:00 (A)@Nest Acro P4 - 3:00-6:00 (A)@Nest Age Group - 3:30-9:00 (S/G)@Nest Jnr/Snr – 3:30-9:00 (S/G)@ Nest (All gymnasts know which groups they are in and start time) Scott/Greg back at the Nest - Normal times as giving Thursday off for Xmas Banquet	27 AcroP1 – 3:30-6:30 (G)@Nest Acro P2 – 3:30-6:30 (A)@Nest Acro P3 - No Training Acro P4 - 3:30-6:30 (A)@Nest Age Group - 12:00-4:00 (S/G)@Nest Jnr/Snr – 12:00-4:00 (S/G)@ Nest	28 CHRISTMAS BANQUET AcroP1 – No Training Acro P2 – No Training Acro P3 - No Training Acro P4 - No Training Age Group - No Training Jnr/Snr – No Training	29 AcroP1 – No Training Acro P2 – 3:00-6:00 (A)@OGC Acro P3 - 5:30-8:30 (A)@OGC Acro P4 - 6:30am-9:30am (S/G)@OGC Age Group - 6:30am-9:30am (S/G)@OGC Jnr/Snr – 6:30am-9:30am (S/G)@OGC	30 Off
1 AcroP1 – 3:00-5:00 (G)@OGC Acro P2 – No Training Acro P3 - 9:00-1:00 (A)@OGC Acro P4 - 1:30-5:30 (A)@OGC Age Group - 5:00-8:00 (S/G)@Nest Jnr/Snr – 4:00-8:00 (S/G)@ Nest	2 AcroP1 - 4:00-6:00 (G)@Nest Acro P2 - 3:00-6:00 (A)@Nest Acro P3 - No Training Acro P4 - 5:30-9:00 (A)@Nest Age Group - 6:00-9:00 (G)@Nest Jnr/Snr – 3:00-7:00 (S)@OGC	3 AcroP1 - 3:00-5:00 (G)@Nest MAKE UP Acro P2 – No Training Acro P3 - 6:00-9:00 (A)@Nest Acro P4 - 3:00-6:00 (A)@Nest Age Group - 3:30-9:00 (S/G)@Nest Jnr/Snr – 3:30-9:00 (S/G)@ Nest (All gymnasts know which groups they are in and start time)	4 AcroP1 – 3:30-6:30 (G)@Nest Acro P2 – 3:30-6:30 (A)@Nest Acro P3 - No Training Acro P4 - No Training Age Group - 12:00-4:00 (S/G)@Nest Jnr/Snr – 12:00-4:00 (S/G)@ Nest	5 AcroP1 – No Training Acro P2 – No Training Acro P3 - 3:00-6:00 (A)@Nest Acro P4 - 5:30-8:00 (A)@Nest Age Group - 4:00-8:00 (S/G)@Nest Jnr/Snr – 4:00-8:00 (S/G)@ Nest	6 AcroP1 – No Training Acro P2 – 3:00-6:00 (A)@OGC Acro P3 - 5:30-8:30 (A)@OGC Acro P4 - 6:30am-9:30am (S/G)@OGC Age Group - 6:30am-9:30am (S/G)@OGC Jnr/Snr – 6:30am-9:30am (S/G)@OGC	7 1ST ONTARIO QUALIFIER @ OGC

A = Alyssa G = Greg S = Scott