

WAG DEVELOPMENT CAMP

ELITE CAMP @ MILTON → AUGUST 22, 2025

SCHEDULE						
9:15AM-9:30AM	Registration/Check-In*					
9:30AM-9:45AM	Respect in Sport+ (Athletes 13+) - Set Up for Devices/Orientation					
9:45AM-10:45AM	Respect in Sport + (Athletes 13+ In-Person Session)					
10:45AM-11:00AM	BREAK/LUNCH/SNACK					
11:00AM-11:30AM	WELCOME & WARM UP**					
Events	VAULT	BARS	TRAMP/ TUMBLING	BEAM	STRENGTH/ MOBILITY	DANCE
Clinician	Claude	Chris	Denis	Lisa	Paula	Ludmila
11:30AM-12:20PM	GRP 1	GRP 2	GRP 3	GRP 4	GRP 5	GRP 6
12:20PM-1:10PM	GRP 6	GRP 1	GRP 2	GRP 3	GRP 4	GRP 5
1:10PM-2:00PM	GRP 5	GRP 6	GRP 1	GRP 2	GRP 3	GRP 4
2:00PM-2:15PM	BREAK					
2:15PM-3:05PM	GRP 4	GRP 5	GRP 6	GRP 1	GRP 2	GRP 3
3:05PM-3:55PM	GRP 3	GRP 4	GRP 5	GRP 6	GRP 1	GRP 2
3:55PM-4:45PM	GRP 2	GRP 3	GRP 4	GRP 5	GRP 6	GRP 1
4:45PM-5:00PM	WRAP UP/STRETCH/PHOTO					
5:00PM-6:00PM	NCAA SESSION – athletes and parents					

*RIS+ session is for age 13+ athletes only so 10-12 year olds can arrive at 10:45am for the training portion.

**30 min warm-up and 50 min rotations

*** please take breaks throughout training as needed