

Practice Makes Perfect

ASI Allen

December 9 & 10, 2017

Doors Will Open 15 Minutes Prior to Open Stretch

Saturday December 9, 2017

Session 1

Level 1: ASI Allen (Coach Jennifer), ASI Lake Highlands (Coach Lani),
ASI Plano West (Coach Kathryn & Coach Meredith), ASI Rockwall (Coach Rebecca),
East Texas Twister Canton, GymnStar

Level 2: ASI Keller (Coach Ben), JCC

Coaches' Meeting 8:00 AM

Open Stretch 8:05 AM

March In 8:20 AM

Competition 8:30 AM

Awards 10:15 AM

Session 2

Level 1: ASI Allen (Coach Brie), ASI Rockwall (Coach Megan)

Level 2: ASI Allen (Coach Jennifer & Coach Holland), ASI Arlington (Coach Dabrana),
ASI Mesquite (Coach Alyssa), ASI Plano West (Coach Stephanie & Coach Elizabeth),
GymnStar, Texas Elite Gymnastics

Level 3: ASI Rockwall, East Texas Twister Canton, Spirals Gymnastics

Coaches' Meeting 10:55 AM

Open Stretch 11:00 AM

March In 11:15 AM

Competition 11:25 AM

Awards 1:25 PM

Saturday December 9, 2017

Session 3

Level 1: ASI Arlington (Coach Mercedes & Coach Marissa), ASI Firewheel (Coach Darian),
ASI Keller (Coach Brittany), ASI Lake Highlands (Coach Jasilyn),
ASI Mesquite (Coach Brittany & Coach Leah Friday @ 5:00),
ASI Plano West (Coach Stephanie)

Coaches' Meeting 2:05 PM

Open Stretch 2:10 PM

March In 2:25 PM

Competition 2:35 PM

Awards 4:25 PM

Session 4

Level 2: ASI Allen (Coach Casey & Coach Brie), ASI Arlington (Coach Marissa), ASI Firewheel,
ASI Keller (Coach Julio), ASI Lake Highlands, ASI Mesquite (Coach Alexis),
ASI Plano West (Coach Laura), ASI Rockwall

Coaches' Meeting 5:05 PM

Open Stretch 5:10 PM

March In 5:25 PM

Competition 5:35 PM

Awards 7:15 PM

Sunday December 10, 2017

Session 5

Level 1: ASI Arlington (Coach Alia), ASI Firewheel (Coach Gabbie & Coach Tanner),
ASI Keller (Coach Kiersten & Coach Marissa), ASI Lake Highlands (Coach Libby),
ASI Mesquite (Coach Leah Monday @ 5:00)

Coaches' Meeting	8:00 AM
Open Stretch	8:05 AM
March In	8:20 AM
Competition	8:30 AM
Awards	10:15 AM

Session 6

Level 3: ASI Allen, ASI Arlington, ASI Firewheel, ASI Keller, ASI Lake Highlands, ASI Mesquite,
ASI Plano West, GymnStar, Texas Elite Gymnastics, Texas Gymnastics Training Center

Coaches' Meeting	10:55 AM
Open Stretch	11:00 AM
March In	11:15 AM
Competition	11:25 AM
Awards	2:00 PM

Sunday December 10, 2017

Session 7

Level 4: ASI Arlington, ASI Firewheel, ASI Keller, ASI Lake Highlands, ASI Mesquite,
ASI Plano West, ASI Rockwall, GymnStar, Texas Elite Gymnastics,
Texas Gymnastics Training Center

Level 5: ASI Arlington, ASI Keller, ASI Lake Highlands, ASI Rockwall

Level 6: Texas Gymnastics Training Center

Level 7: Texas Gymnastics Training Center

Level 8: Texas Gymnastics Training Center

Coaches' Meeting 2:40 PM

Open Stretch 2:45 PM

March In 3:05 PM

Competition 3:15 PM

Awards 6:15 PM