

Practice Makes Perfect

ASI Firewheel

December 10 & 11, 2016

Doors Will Open 15 Minutes Prior to Open Stretch

Saturday December 10, 2016

Session 1

Level 1: ASI Firewheel, ASI Keller (Coach Ben), ASI Mesquite, ASI Plano West (Coach Brett),
ASI Rockwall, East Texas Twisters Canton, Excite Gym!

Coaches' Meeting	8:00 AM
Open Stretch	8:05 AM
March In	8:25 AM
Competition	8:35 AM
Awards	10:20 AM

Session 2

Level 1: ASI Allen (Coach Jennifer), ASI Arlington (Coach Dabrana), East Texas Twisters Canton,
East Texas Twisters Mineola

Level 2: ASI Keller (Coach Taryn), Excite Gym!

Level 3: JCC

Coaches' Meeting	10:50 AM
Open Stretch	10:55 AM
March In	11:15 AM
Competition	11:25 AM
Awards	1:10 PM

Saturday December 10, 2016

Session 3

Level 2: ASI Allen, ASI Lake Highlands, ASI Rockwall, East Texas Twisters Mineola, Texas Dynasty

Level 3: ASI Firewheel, ASI Rockwall

Level 4: East Texas Twisters Canton

Coaches' Meeting 1:40 PM

Open Stretch 1:45 PM

March In 2:05 PM

Competition 2:15 PM

Awards 4:10 PM

Session 4

Level 3: ASI Allen, ASI Arlington, ASI Keller, ASI Lake Highlands, ASI Mesquite, ASI Plano West, East Texas Twisters Canton, East Texas Twisters Mineola

Coaches' Meeting 4:40 PM

Open Stretch 4:45 PM

March In 5:05 PM

Competition 5:15 PM

Awards 7:50 PM

Sunday December 11, 2016

Session 5

Level 4: ASI Allen, ASI Arlington, ASI Keller, ASI Lake Highlands, ASI Plano West, ASI Rockwall, East Texas Twisters Mineola

Level 5: ASI Allen, ASI Arlington, ASI Keller, ASI Lake Highlands, East Texas Twisters Mineola

Level 6: ASI Keller, ASI Lake Highlands, Texas Dynasty

Xcel Gold: Texas Dynasty

Coaches' Meeting 8:00 AM

Open Stretch 8:05 AM

March In 8:25 AM

Competition 8:35 AM

Awards 11:40 AM

Session 6

Level 1: ASI Allen (Coach Brie), ASI Arlington (Coach Marissa), ASI Keller (Coach Zak & Kiersten), ASI Lake Highlands, ASI Plano West (Coach Meredith, Laura, Stephanie)

Coaches' Meeting 12:10 PM

Open Stretch 12:15 PM

March In 12:35 PM

Competition 12:45 PM

Awards 2:35 PM

Sunday December 11, 2016

Session 7

Level 2: ASI Arlington, ASI Firewheel, ASI Keller (Coach Julio), ASI Mesquite, ASI Plano West,
East Texas Twisters Canton, JCC

Coaches' Meeting 3:05 PM

Open Stretch 3:10 PM

March In 3:30 PM

Competition 3:40 PM

Awards 5:50 PM