



General Schedule

Times may adjust slightly



Saturday, February 17

Assigned training is for levels: 8, 9 , 10, Open, and all elites

11:00-12:00

Assigned Training - Group A		
Dynamite	Pittsburgh Northstars	Train for Greatness
Fairland	Revival Athletics	
KMC	Silver Stars	

12:00-1:00

Assigned Training - Group B		
All Pro	CAVU	Flip Force
Blaze	Dulles	GREVE
Cabarrus	Dynamic	
Capital	eNeRGy	

1:00-3:30

Session 1

TR, DMT	Levels 1-4	Ages 12 and Under
TU	Levels 1-3	Ages 12 and Under

4:00 - 7:00

Session 2

TR, DMT	Levels 5-8	Ages 12 and Under
TU	Levels 4-8	Ages 12 and Under

Sunday, February 18

8:30 - 11:00

Session 3

TR, TU, DMT	Levels 1-7	Ages 13+
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11:00-12:00

12:00 - 3:00

Session 4

Level 10, Open, and Elite only training

TR, TU, DMT	Levels 9+	All Ages
TR, TU, DMT	Level 8	Ages 13+