



# Training Schedule

Session 1 : 9:30-10:45

Fairland, Novaks, Silver Stars

Session 2: 11:00-12:15

Lynchburg, Motion, Northen Neck, Preston,  
Rising Star, Unique, United

Session 3: 12:30-1:45

Airtime, Capital, Freestate, Giguere's, Jets,  
Middlesex, PA Outsiders, Pro Action, Skyview,  
Ultra Twisters, Winingers

## Training Notes:

1. Teams with Trampoline Athletes must provide adult spotters for each training and competition session in which you have athletes.
2. Competition attire is required at all time, training, competing, and awards.
3. Use either trampoline.
4. Please exit the competition floor promptly when your training time concludes.