



TRI-ALPHA GYMNASTICS

Den Schedule at TAG

What to Know and Expect During TAG's Den 'these' Days

The Day of Your Den is Here:

- Please enter the *Building* through the main *Entrance* in Unit 8, underneath the Blue Awning
- Once inside, please Sign-In your gymnast at the *Gym's Entrance*, by writing down the TIME of the DROP OFF, so they can be directed inside the gym area...
- The coaches will assign them a spot in the snack/lunch area, where they will eat snack/lunch when time.
- Each gymnast will have a backpack, to fit their waters, snacks/lunch, shoes and extra face covering (additional personal items they bring)
- Their backpacks will remain in the cubbies in the waiting area and they will bring their water bottles inside the gym so they can access their water at any time.
- When time for snack/lunch, the gymnasts will take their lunch boxes and waters with them to the designated snack/lunch area with tables
- When time to leave, the gymnasts will *Exit* through the last Exit Door in Unit 6, marked with Large Orange Cone.
- Each group will be kept at 8-10 gymnasts per coach.
- The daily schedule is a tentative guideline, that might be adjusted accordingly to our attending gymnasts on that day

We hope this Quick Summary, will help you to navigate through our Current Guidelines with more ease.

PLEASE NOTE:

*Not all our Extended Morning Hours are Open. You need to e-mail us at least **24hours Prior to Requesting 'Last Minute' Extended Morning Hours.** We Appreciate Your Understanding.*

7a – 9a Early Wolves – Down time, games, books, coloring

Morning Den:

9:00a – 9:10a Warm up/safety/intro

9:10a – 10:00a Gymnastics rotations

10:00a – 10:15a Group 1 & 2 Snack & Group 3 & 4 Structured Games

10:15a – 10:30a Group 3 & 4 Snack & Group 1 & 2 Structured Games

10:30a – 11:20a Gymnastics rotations

11:20a – 11:40a Structured 'Free' Time or Outside

11:40a – 12:00p Structured Games (Full Day Kids Lunch)

Afternoon Den:

12:00p – 12:10p Warm up/safety/intro

12:10p – 1:00p Gymnastics rotations

1:00p – 1:15p Group 1 & 2 Snack & Group 3 & 4 Structured Games

1:15p – 1:30p Group 3 & 4 Snack & Group 1 & 2 Structured Games

1:30p – 2:20p Gymnastics rotations

2:20p – 2:40p Structured 'Free' Time or Outside

2:40p – 3:00p Structured Games

3p – 5p Late Wolves – Down time, games, books, coloring

Rule #1. Be Safe

Rule#2. Be Respectful

Rule #3. Have FUN

"For the strength of the Pack is the Wolf, and the strength of the Wolf is the Pack."

Wolf Pack Strong