



USA Gymnastics Trampoline & Tumbling

2009 J.O. Championships

Levels 8-10 Training Groups

Wednesday, June 24

Athletes should arrive 30 minutes prior to scheduled training time for stretching in the staging area. Teams will be announced at the scheduled time and the competition floor opened for training. Please note that the training sessions are very full and turns on the equipment will be limited. The session is intended as equipment familiarization only and not as a training session you would have in your gym.

Group A	Group B	Group C
9:00 - 11:00 am	11:00 am - 1:00 pm	1:00 - 3:00 pm
(Stretching 8:30)	(Stretching 10:30)	(Stretching 12:30)
3TI	Hawaii Academy	Skagit Valley Dimensions of Gymnastics
5 Star Tumbling & Trampoline	Head Over Heels (UT)	SkySurfers Trampoline Team
A Flip Zone	Heber Handspringers	Skyview Gymnastics
Acrospirits	High Flyers	Skywalkers
AcroSports of Modesto	High Point Gymnastics	South Texas Elite Gymnastics
AGTflipcity	High Uinta Gymnastics	Southern Athletics
Air Extreme	Houston Gymnastics Academy	Springtime Tumbling and Trampoline
AirTime Gymnastics	Interactive Academy	Starlets Gymnastics
Airtime Trampoline Team	J and J Tumbling and Trampoline	Stars Athletic Foundation
All-American Gymnastics	Jets Gymnastics	Stars NGV
American Airborne	Jump Up Trampoline & Tumbling	Starz Gymnastics
American Powerhouse T&T	K&L Tumbletown	Stick It! Gymnastics
American Sports Acro & Gymnastics	Kansas City Trampoline Club	Summit Gymnastics
Anti-Gravity Zone IIc	Kids World Gymnastics / St. Louis Elite	Sun Country Sports Center
Arete Gymnastics	KMC	Sun Elite Athletic Club
Artesia Trampoline & Tumbling	Kristis Tumbling and Trampoline	Sunflower Gymnastics
ArtSports	L A Lights	T3
Aspire Kids Sports Center	Laniers School of Gymnastics	TAG USA Gymnastics
Basel's All-Star Gymnastics & Cheer	Legacy Elite Athletics	Taylor Tumbling
Black Diamond Gymnastics	Legacy T & T	Team Legacy
Bounce California	Let it Shine	Team OC
Brandy Johnson's Global Gymnastics	Life Fitness Tumbling	Team Revolution
Buckeye Gymnastics	Lynchburg Academy of Power Tumbling	Tenacious Tumbling & Trampoline
Cabarrus County Gymnastics	Mandeville Gymnastics Academy	Texas Tumblers Gymnastics (FW)
Capital Gymnastics	Marin Elite Gymnastics Academy	Texas Tumblers Gymnastics (HH)
Carlsbad Academy of Tumbling	Matrix	Texas Twisters
Cartersville Twisters	Middlesex Gymnastics Academy	The Flip Shop
Central Illinois Gymnastics Academy	Midwest Training and Ice Center	The Palaestra
Chattanooga All-Stars	Mile High Gymnastics	The Quarry Gymnastics Center Inc
Chicago Park District	Minnesota Twisters	Top Flight Gymnastics Training Center
Dave's Gymnastics Factory	MJM Studios	Top Notch
DynaMite Trampoline and Tumbling	Motion Gymnastics	Trampoline and Tumbling Express
Eagle's Wings Athletics	Naples Progressive Gymnastics	Trevinos Gymnastics
Elmwood Gymnastics	No Limits Power Tumbling and Trampoline	Trinity Trampoline and Tumbling
Excite!	North Valley Gymnastics	Tumble Texas
Fairland Trampoline and Tumbling	Northern Neck Athletic Center	Tumbling Express
Flip Force Gymnastics	Northern Star Bounders	Twist & Tuck Power Tumbling Inc.
Flip Fusion	Northwest Aerials	Twist -N- Shout
Flipcity South	Novaks Gymnastic Center	Ultimate Air
FlippenBounce	Oasis Gymnastics	Ultra Twisters (Head Over Heels)
Flipside Tumbling	Oklahoma Extreme T&T	

Group A	Group B	Group C
9:00 - 11:00 am	11:00 am - 1:00 pm	1:00 - 3:00 pm
(Stretching 8:30)	(Stretching 10:30)	(Stretching 12:30)
Flip-Tops, Kewanee YMCA	Omni Athletics Trampoline & Tumbling	United Gymnastix
FreeState Gymnastics	Opelika Trampoline and Tumbling	Upsidedowners
G-Force Gymnastics	Physical Awareness & Gymnastics	UpWard Air
Go For It USA	Powerhouse TnT Gymnastics	Urbandale Gymnastics Club
Great Lakes Griffins	Premier Athletics	Vertical Limit Power Tumbling
Gym Marika	Premier Gymnastics	Victoria Gymagic, Inc.
Gym-Fit	Preston Gymnastics Academy	Wabash Valley Tumbling & Gymnastics
Gymnast Factory	Progressive Power Tumbling	Waller's GymJam Academy
Gymnastics East	Queen City Trampoline and Tumbling	Waterloo Trampoline & Tumbling Center
Gymnastics Etc	Reflex Gymnastics	West Coast Elite Gym
Gypsy Flyers	Rising Star Gymnastics	World Elite Gymnastics
	Rose's Gymnastics Training Center	Xtreme Elite Athletics
	Santa Barbara Gymnastics Club llc	Xtreme Tumbling Team
	Santa Cruz Sports Central	Head Over Heels (MO)
	Scamps Gymnastics	Yelm Gymnastics Center
	SEAL Gymnastics	
	Shin's Anti Gravity	
	Silver Stars Gymnastics	
	So Cal TTC	
	Extreme Tumbling Training Center	



USA Gymnastics Trampoline & Tumbling
2009 J.O. Championships

Levels 5-7 Training Groups
Saturday, June 27

Athletes should arrive 30 minutes prior to scheduled training time for stretching in the staging area. Teams will be announced at the scheduled time and the competition floor opened for training. Please note that the training sessions are very full and turns on the equipment will be limited. The session is intended as equipment familiarization only and not as a training session you would have in your gym.

Group D	Group E
8:00-9:30 am (Stretching 7:30)	9:30-11:00 am (Stretching 9:00)
Excite!	3D Gymnastics & Cheer
Fairland Trampoline and Tumbling	3TI
Flip Force Gymnastics	Academy West
Flip Fusion	Acrospirits
Flipcity South	AcroSports of Modesto
Flip-Over Gymnastics	AeroDynamics T&T
FlippenBounce	AGTflipcity
Flip-Tops, Kewanee YMCA	Air Extreme
Four Stars Gymnastics Academy	Airborin Gymnastics
FreeState Gymnastics	All-American Gymnastics
G-Force Gymnastics	American Airborne
Go For It USA	American Powerhouse T&T
Gym Marika	American Sports Acro & Gymnastics
Gym-Fit	Anti-Gravity Zone llc
Gym-Kat Sports Center	Arete Gymnastics
Gymnast Factory	Artesia Trampoline & Tumbling
Gymnastics East	ArtSports
Gymnastics Etc	Aspire Kids Sports Center
Gymnastics Training Center	Basel's All-Star Gymnastics & Cheer
Gymtowne Gymnastics	Bee Elite Gymnastics Academy
Gypsy Flyers	Black Diamond Gymnastics
Hawaii Academy	Borger Gymnastics
Head Over Heels (MO)	Bounce California
Head Over Heels (UT)	Broadway Gymnastics
Heber Handspringers	Buckeye Gymnastics
High Flyers	Cabarrus County Gymnastics
High Point Gymnastics	Carlsbad Academy of Tumbling
High Uinta Gymnastics	Cartersville Twisters
Horizon Gymnastics & Dance Academy	Central Illinois Gymnastics Academy
Houston Gymnastics Academy	Champion Gymnastics Academy
Interactive Academy	Chattanooga All-Stars
J and J Tumbling and Trampoline	Chesapeake Gymnastics LLC
Jets Gymnastics	Chicago Park District
Jump Up Trampoline & Tumbling	Classic City Gymnastics
K&L Tumbletown	Dave's Gymnastics Factory
Kansas City Trampoline Club	Diamond Elite Gymnastics
Kids World Gymnastics / St. Louis Elite	Discovery Gymnastics
KMC	DynaMite Trampoline and Tumbling
Kristis Tumbling and Trampoline	Eagle's Wings Athletics
L A Lights	Elmwood Gymnastics
Laniers School of Gymnastics	
Legacy Elite Athletics	
Legacy T & T	
Let it Shine	
Longview Gymnastics & Cheerleading	
Lynchburg Academy of Power Tumbling	
Mandeville Gymnastics Academy	
Marin Elite Gymnastics Academy	
Matrix	Continued on page 2

Group F	Group G
11:00 am-12:30 pm (Stretching 10:30)	12:30-2:00 pm (Stretching 12:00)
Midwest Training and Ice Center	Summit Gymnastics
Mile High Gymnastics	Sun Country Sports Center
Millers Gymnastics	Sunflower Gymnastics
Miss Marias Acrobat and Dance Studio	TAG USA Gymnastics
Mittleman Jewish Community Center	Tataru's Gymnastics & Tumbling
MJM Studios	Taylor Tumbling
Motion Gymnastics	Team Legacy
Moving and Grooving	Team OC
Naples Progressive Gymnastics	Team Revolution
North Valley Gymnastics	Tenacious Tumbling & Trampoline
Northern Neck Athletic Center	Texas Tumblers Gymnastics (FW)
Northwest Aerials	Texas Tumblers Gymnastics (HH)
Oasis Gymnastics	Texas Tumbleweeds
Omni Athletics Trampoline & Tumbling	Texas Twisters
Powerhouse TnT Gymnastics	The Flip Shop
Premier Athletics	The Gymnastics Place
Premier Gymnastics	The Palaestra
Preston Gymnastics Academy	Top Flight Gymnastics Training Center
Pro-Action Sports	Top Notch
Progressive Power Tumbling	Trampoline and Tumbling Express
Queen City Trampoline and Tumbling	Trevinos Gymnastics
Reflex Gymnastics	Trinity Trampoline and Tumbling
Rising Star Gymnastics	Tumble Texas
Rose's Gymnastics Training Center	Tumble Town Midwest
Santa Barbara Gymnastics Club llc	Tumbleweeds Gymnastics
Santa Cruz Sports Central	Tumbling Express
Scamps Gymnastics	Twist & Tuck Power Tumbling Inc.
Scottsdale Gymnastics	Twist -N- Shout
SEAL Gymnastics	Ultimate Air
Shin's Anti Gravity	United Gymnastix
Silver Stars Gymnastics	Upsidedowners
Skagit Valley Dimensions of Gymnastics	Victoria Gymagic, Inc.
SkySurfers Trampoline Team	Victory Gymnastics Academy
Skyview Gymnastics	Wabash Valley Tumbling & Gymnastics
Skywalkers	Waller's GymJam Academy
South Texas Elite Gymnastics	Waterloo Trampoline & Tumbling Center
Springtime Tumbling and Trampoline	West Coast Elite Gym
Starlets Gymnastics	World Elite Gymnastics
Stars Athletic Foundation	Xtreme Elite Athletics
Stars NGV	Xtreme Tumbling Team
Starz Gymnastics	Yelm Gymnastics Center
Stick It! Gymnastics	