

Daily Training Schedule
Husker Boy's Gymnastics Camp
July 13-16, 2025

Camp – July 13

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| 2:00 – 2:45 p.m. | Check-in at Abel Hall (860 N 17 th St., Lincoln, NE 68508) ALL Campers |
| 3:00 | Depart for Francis Allen Training Complex |
| 3:15-3:45 | Camp Instructions and Warm up – Coach Chuck |
| 3:45-4:15 | Rotation 1 |
| 4:15-4:45 | Rotation 2 |
| 4:45-5:15 | Rotation 3 |
| 5:20 | Depart for Dinner – Abel Hall |
| 6:30 | Depart for Gym |
| 6:45 | Stretch |
| 7:00-7:30 p.m. | Rotation 4 |
| 7:30-8:00 p.m. | Rotation 5 |
| 8:00-8:30 p.m. | Rotation 6 |
| 8:30 | Commuter pick up at Francis Allen Training Complex – 1600 Court Street Resident campers depart for the dorm. |
| 10:00 | Campers in Rooms |
| 10:30 | Lights Out |

Camp – July 14

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| 8:00 a.m. | Breakfast |
| 8:45 | Depart for Gym - Residents |
| 8:45 | Commuters arrive at Francis Allen Training Complex |
| 9:00 | Warm up |
| 9:30-10:15 | Rotation 1 |
| 10:15-11:00 | Rotation 2 |
| 11:00-11:45 | Rotation 3 |
| 11:45-12:30 | Rotation 4 |
| 12:30 | Depart for Lunch and relax at dorm (all campers) |
| 2:30 | Activities at Dorm – Basketball/Sand Volleyball, etc. |
| 4:30 | Return to the Dorm |
| 5:30 | Dinner |
| 6:30 | Depart for Gym |
| 6:45 | Warm up |
| 7:00-7:45 | Rotation 5 |
| 7:45-8:30 | Rotation 6 |
| 8:30 | Commuter pick up at FATC – Resident campers depart for dorm. |
| 10:00 | Campers in Rooms |
| 10:30 | Lights Out |

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Camp – July 15

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| 8:00 a.m. | Breakfast |
| 8:45 | Depart for Gym - Residents |
| 8:45 | Commuters arrive at Francis Allen Training Complex |
| 9:00 | Warm up |
| 9:30-10:15 | Rotation 1 |
| 10:15-11:00 | Rotation 2 |
| 11:00-11:45 | Rotation 3 |
| 11:45-12:30 | Rotation 4 |
| 12:30 | Depart for Lunch and relax at dorm (all campers) |
| 1:45 | Depart for Devaney Swimming Pool |
| 2:00-3:00 | SWIM |
| 3:10 | Depart for the Dorm |
| 5:30 | Dinner |
| 6:30 | Depart for Gym |
| 6:45 | Warm up |
| 7:00-7:45 | Rotation 5 |
| 7:45-8:30 | Rotation 6 |
| 8:30 | Commuter pick up at FATC – Resident campers depart for dorm. |
| 10:00 | Campers in Rooms |
| 10:30 | Lights Out |

Camp – July 16

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| 8:00 a.m. | Breakfast |
| 8:45 | Depart for Gym - Residents |
| 8:45 | Commuters arrive at Francis Allen Training Complex |
| 9:00 | Warm up |
| 9:30-10:00 | Rotation 1 |
| 10:00-10:30 | Rotation 2 |
| 10:30-11:00 | Rotation 3 |
| 11:00-11:30 | Rotation 4 |
| 11:30-12:00 | Rotation 5 |
| 12:00-12:30 | Rotation 6 |
| 12:30 p.m. | Closing Remarks. |
| | Commuters depart with parents. |
| | Residents depart for dorm and checkout with parents. |