

Daily Training Schedule
Nebraska Men's Gymnastics Camp
July 20-25, 2025

Camp – Day 1

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| 3:30 – 5:00 p.m. | Check-in at dorm TBA (All Campers) |
| 5:00 | Dinner – Harper Dining Hall |
| 6:15 | Depart for Francis Allen Training Complex |
| 6:30 | Camp Instructions |
| 6:45 | Warm up |
| 7:00 | Basics on FX, PH and Rings |
| 7:40 | Basics on V, PB and HB |
| 8:30 | Commuter pick up at Francis Allen Training Complex – 1600 Court Street |
| | Depart for Dorms |
| 10:30 | Campers in Rooms |
| 11:00 | Lights Out |

Camp – Day 2, 3, 4, 5

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| 8:00 a.m. | Breakfast |
| 8:45 | Depart for Gym |
| 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 p.m. | Rotation 4 |
| 12:30 | Depart for Lunch |
| 12:45 | Lunch and Relax at Dorm |
| 2:30 | Group Activities at Dorms – Basketball/Sand Volleyball and swimming. |
| 4:30 | Return to the Dorm |
| | 1:45 depart for pool - Swimming will be on Tuesday and Thursday |
| | 3:00 depart for 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 |
| | Depart for Dorms |
| 10:30 | Campers in Rooms |
| 11:00 | Lights Out |

Camp – Day 6

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| 8:00 a.m. | Breakfast |
| 8:45 | Depart for Gym |
| 8:45 | Commuters arrive at Francis Allen Training Complex |
| 9:00 | Warm up |
| 9:30-10:30 | Open Gym on FX, PH and R |
| 10:30-11:30 | Open Gym on V, PB and HB |
| 11:30 | Closing Remarks and Recognitions |
| 12:00 p.m. | Commuters depart with parents |
| | Residents depart for dorm and checkout with parents |