

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

Camp – July 13

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

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

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

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.