



THURSDAY- JANUARY 22, 2026

4:00 - 5:30 PM	Training Session #1 = North Texas
5:30 - 7:00 PM	Training Session #2 = South Texas & Oklahoma
7:00 - 7:30 PM	Training Session #3 = West Texas & All other states

FRIDAY- JANUARY 23, 2026

Time	LVL	TR-A	LVL	TR-B	LVL	TU-A	LVL	TU-B	LVL	DM-A	LVL	DM-B
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SESSION 1

A	8:45 - 9:30 AM	LVL 8	15+ F	LVL 9	13-14 F					LVL 8	15+ M	LVL 8	13-14 M
B	9:30 - 10:00 AM	LVL 8	15+ F	LVL 9	13-14 F					LVL 8	15+ M	LVL 8	11-12 F
C	10:00 - 10:30 AM	LVL 8	15+ F	LVL 9	15+ M					LVL 8	13-14 F	LVL 8	11-12 F
D	10:30 - 11:00 AM	LVL 8	15+ F	LVL 9	11-12 F					LVL 8	13-14 F	LVL 8	11-12 F
				LVL 9	9-10 F								
E	11:00 - 11:30 AM	LVL 8	15+ M	LVL 9	13-14 M					LVL 8	13-14 F	LVL 8	11-12 F
				LVL 9	11-12 M								
F	11:30 - 12:00 PM	LVL 8	15+ M	LVL 9	15+ F					LVL 8	13-14 F	LVL 9	13-14 F
G	12:00-12:30 PM	LVL 8	9-10 F	LVL 9	15+ F					LVL 8	11-12 M	LVL 9	13-14 F

AWARDS SESSION - LEVEL 8 ONLY

LUNCH

SESSION 2

A	1:00-1:30 PM	LVL 8	11-12 F	LVL 8	13-14 F	LVL 8	15+ F	LVL 8	15+ M	LVL 8	9-10 M	LVL 9	13-14 M
								LVL 8	11-12 M	LVL 8	9-10 F		
B	1:30-2:00 PM	LVL 8	11-12 F	LVL 8	13-14 F	LVL 8	15+ F	LVL 8	15+ M	LVL 8	15+ F	LVL 9	15+ F
C	2:00-2:30 PM	LVL 8	11-12 F	LVL 8	13-14 F	LVL 8	15+ F	LVL 8	13-14 F	LVL 8	15+ F	LVL 9	15+ F
D	2:30-3:00 PM	LVL 8	11-12 F	LVL 8	11-12 M	LVL 8	15+ F	LVL 8	13-14 F	LVL 8	15+ F	LVL 9	15+ F
				LVL 8	9-10 M							LVL 9	11-12 F
												LVL 9	9-10 F
E	3:00-3:30 PM	LVL 8	13-14 M			LVL 9	15+ F	LVL 8	13-14 F	LVL 8	15+ F	LVL 9	15+ M
F	3:30-4:00 PM					LVL 9	13-14 M	LVL 8	13-14 F	LVL 8	15+ F		
						LVL 9	15+ M						
						LVL 9	11-12 M						
G	4:00-4:30 PM					LVL 8	9-10 F	LVL 8	13-14 F				
						LVL 9	13-14 F						

AWARDS SESSION - LEVEL 8 ONLY

4:30 - 5:00 PM

FRIDAY- JANUARY 23, 2026													
Time	LVL	TR-A	LVL	TR-B	LVL	TU-A	LVL	TU-B	LVL	DM-A	LVL	DM-B	
SESSION 3													
A	5:00 - 5:45 PM	SR	17+ F	LVL 10	17-21 F	LVL 8	13-14 M			LVL 10	13-14 F		
		IE	17-21 F	LVL 10	10U F								
		IE	17-21 M										
B	5:45 - 6:30 PM	SR	17+ M	LVL 10	17-21 F	LVL 8	11-12 F			LVL 10	17-21 M		
		YE	11-12 M	LVL 10	11-12 F					LVL 10	10U F		
		YE	13-14 M							JR	15-16 F		
C	6:30 - 7:15 PM	LVL 10	13-14 M	LVL 10	15-16 F	LVL 8	11-12 F			JR	15-16 M		
		LVL 10	15-16 M							YE	13-14 M		
		LVL 10	17-21 M							YE	11-12 M		
										LVL 10	11-12 M		
D	7:15 - 8:00 PM	JR	15-16 F	LVL 10	13-14 F	LVL 10	13-14 F			YE	13-14 F		
		JR	15-16 M			LVL 10	17-21 F			IE	17-21 F		
						LVL 10	15-16 F			IE	17-21 M		
						YE	13-14 M			SR	17+ F		
										SR	17+ M		
E	8:00 - 8:45 PM	YE	13-14 F	SYNC TRAINING		LVL 10	17-21 M			LVL 10	17-21 F		
		LVL 10	11-12 M					LVL 10	15-16 M				
								IE	17-21 F				
								SR	17+ F				
F	8:45 - 9:30 PM			LVL 10	17-21 F					LVL 10	15-16 F		
				LVL 9	13 + M					LVL 10	13-14 M		
				LVL 9	13+ F					LVL 10	15-16 M		
				LVL 8	13+ M								
				LVL 8	13+ F								
G	9:30 - 10:00 PM			IE	17-21 F								
				JR	15-16 C								
				YE	13-14 F								
				LVL 10	17-21 C								
				LVL 10	15-16 F								
9:00 PM		AWARDS CEREMONY (SYNC ONLY & LVL 8 ONLY)											

SATURDAY- JANUARY 24, 2026												
Time	LVL	TR-A	LVL	TR-B	LVL	TU-A	LVL	TU-B	LVL	DM-A	LVL	DM-B
SESSION 4												
7:45 - 8:45 AM	LVL 9 FINALISTS SESSION WARM UP											
A 8:50 - 9:30 AM	LVL 7	15+ F	LVL 9	15+ M	LVL 9	15+ F	LVL 7	13-14 F	LVL 7	13-14 M	LVL 9	13-14 F
									LVL 7	15+ M		
B 9:30 - 10:00 AM	LVL 7	15+ F	LVL 9	13-14 F	LVL 9	11-12 M	LVL 7	11-12 F	LVL 7	9-10 F	LVL 9	15+ F
					LVL 9	13-14 M						
					LVL 9	15+ M						
C 10:00 - 10:20 AM	LVL 7	11-12 M	LVL 9	11-12 F	LVL 9	13-14 F	LVL 7	11-12 F	LVL 7	15+ F	LVL 9	15+ M
			LVL 9	9-10 F								
D 10:20 - 10:40 AM	LVL 7	15+ M	LVL 9	15+ F	LVL 6	13-14 M	LVL 7	11-12 F	LVL 7	15+ F	LVL 9	13-14 M
	LVL 7	9-10 F			LVL 6	15+ M	LVL 6	11-12 M			LVL 9	11-12 F
											LVL 9	9-10 F
E 10:40 - 11:00 AM	LVL 7	9-10 F	LVL 9	13-14 M	LVL 7	15+ F	LVL 6	9-10 M	LVL 7	11-12 M		
	LVL 7	8U F	LVL 9	11-12 M			LVL 7	9-10 M				
							LVL 7	11-12 M				
							LVL 7	13-14 M				
							LVL 7	15+ M				
11:00 AM	AWARDS CEREMONY											
11:00 - 11:45 PM	LUNCH											
SATURDAY- JANUARY 25, 2025												
Time	LVL	TR-A	LVL	TR-B	LVL	TU-A	LVL	TU-B	LVL	DM-A	LVL	DM-B
SESSION 5												
A 12:00 - 12:45 PM	JR	15-16 F	LVL 7	13-14 M	IE	17-21 F	LVL 7	9-10 F	LVL 7	13-14 F	LVL 7	11-12 F
			LVL 7	9-10 M	YE	13-14 M	LVL 7	8U F	LVL 6	8U F		
					SR	17+ F						
B 12:45 - 1:30 PM	SR	17+ M	LVL 7	11-12 F	LVL 6	15+ F	LVL 6	9-10 F	LVL 7	13-14 F	LVL 7	11-12 F
	YE	11-12 M					LVL 6	8U F	LVL 5	13-14 M		
	YE	13-14 M										
C 1:30 - 2:15 PM	SR	17+ F	LVL 7	11-12 F	LVL 6	15+ F	LVL 6	9-10 F	LVL 6	11-12 M	LVL 7	11-12 F
	IE	17-21 F										
	IE	17-21 M										
D 2:15 - 3:00 PM	YE	13-14 F	LVL 7	11-12 F	LVL 6	13-14 F	LVL 6	11-12 F	IE	17-21 F	LVL 6	9-10 M
	JR	15-16 M							IE	17-21 M	LVL 6	15+ M
									SR	17+ F	LVL 5	15+ M
									SR	17+ M		
E 3:00 - 3:45 PM	LVL 7	13-14 F	LVL 7	11-12 F	LVL 6	13-14 F	LVL 6	11-12 F	JR	15-16 F	LVL 6	11-12 F
									JR	15-16 M		
									YE	13-14 M		
									YE	13-14 F		
									YE	11-12 M		
F 3:45 - 4:30 PM	LVL 7	13-14 F	LVL 6	13-14 F	LVL 5	15+ F	LVL 6	11-12 F	LVL 6	13-14 M	LVL 6	11-12 F
					LVL 5	15+ M			LVL 6	9-10 F		
G 4:30 - 5:00 PM	LVL 7	13-14 F	LVL 6	13-14 F	LVL 5	8U F	LVL 6	11-12 F	LVL 6	9-10 F	LVL 6	11-12 F
					LVL 5	9-10 M			LVL 6	15+ F		
					LVL 5	13-14 M						
5:00 PM	AWARDS CEREMONY											
5:00 PM	DINNER											

SATURDAY- JANUARY 25, 2025													
Time	LVL	TR-A	LVL	TR-B	LVL	TU-A	LVL	TU-B	LVL	DM-A	LVL	DM-B	
SESSION 6													
A	5:15 - 6:00 PM	LVL 10	17-21 M	LVL 6	11-12 M	LVL 10	15-16 M	LVL 5	10 F	LVL 10	17-21 F	LVL 6	13-14 F
		LVL 10	13-14 M			LVL 10	13-14 F			LVL 10	15-16 F		
B	6:00 - 6:45 PM	LVL 10	11-12 M	LVL 6	8U F	LVL 10	17-21 M	LVL 5	10 F	LVL 10	13-14 F	LVL 6	13-14 F
		LVL 10	15-16 M	LVL 6	15+ F	LVL 10	15-16 F						
							17-21 F						
C	6:45 - 7:30 PM	LVL 6	11-12 F	LVL 10	17-21 F	LVL 5	13-14 F	LVL 5	10 F	LVL 10	11-12 M	LVL 6	13-14 F
				LVL 10	11-12 F					LVL 10	13-14 M		
				LVL 10	10U F					LVL 10	15-16 M		
D	7:30 - 8:15 PM	LVL 6	11-12 F	LVL 10	15-16 F	LVL 5	13-14 F	LVL 5	9 F	LVL 10	17-21 M	LVL 5	9-10 M
										LVL 10	10U F	LVL 5	8U M
												LVL 5	8U F
E	8:15 - 9:00 PM	LVL 6	11-12 F	LVL 10	13-14 F	LVL 5	13-14 F	LVL 5	9 F	LVL 5	11-12 M	LVL 5	15+ F
										LVL 4	11-12 M		
	9:00 PM	AWARDS CEREMONY											
SUNDAY- JANUARY 25, 2026													
Time	LVL	TR-A	LVL	TR-B	LVL	TU-A	LVL	TU-B	LVL	DM-A	LVL	DM-B	
SESSION 7													
A	8:15-9:00 AM	LVL 6	9-10 F	LVL 5	8U F	LVL 5	11 F	LVL 5	11-12 M	LVL 5	10F	LVL 5	12 F
B	9:00-9:20 AM	LVL 6	9-10 F	LVL 6	9-10 M	LVL 5	11 F	LVL 4	15+ F	LVL 5	10 F	LVL 5	12 F
				LVL 6	13-14 M								
				LVL 6	15+ M								
C	9:20-9:40 AM	LVL 6	9-10 F	LVL 5	8U M	LVL 5	11 F	LVL 4	7-8 F	LVL 5	10 F	LVL 5	12 F
				LVL 5	9-10 M			LVL 4	6U F				
				LVL 5	15+ M								
D	9:40-10:00 AM	LVL 5	9 F	LVL 5	11-12 M	LVL 5	12 F	LVL 4	9-10 F	LVL 5	10 F	LVL 5	12 F
				LVL 5	13-14 M								
E	10:00-10:20 AM	LVL 5	9 F	LVL 5	13-14 F	LVL 5	12 F	LVL 4	9-10 F	LVL 5	10 F	LVL 5	11 F
F	10:20-10:40 AM	LVL 5	10 F	LVL 5	13-14 F	LVL 5	12 F	LVL 4	9-10 F	LVL 4	13-14 F	LVL 5	11 F
										H4	22-29 F		
G	10:40-11:00 AM	LVL 5	10 F	LVL 5	13-14 F	LVL 4	13-14 F	LVL 4	9-10 F	LVL 4	13-14 F	LVL 5	11 F
										LVL 4	15+ F		
										LVL 4	6U F		
H	11:00-11:20 AM	LVL 5	10 F	LVL 5	13-14 F	LVL 4	13-14 F	LVL 4	9-10 F	LVL 5	9 F	LVL 3	9-10 F
I	11:20-11:40 AM	LVL 5	10 F	LVL 5	15+ F	LVL 3	9-10 M	LVL 4	9-10 M	LVL 5	9 F	LVL 3	9-10 F
						LVL 3	15+ M	LVL 4	11-12 M				
								LVL 4	13-14 M				
11:45 AM	AWARDS CEREMONY- LEVEL 4 - 6 ONLY												
11:40 AM-12:20 PM	LUNCH												

SUNDAY- JANUARY 25, 2026													
	Time	LVL	TR-A	LVL	TR-B	LVL	TU-A	LVL	TU-B	LVL	DM-A	LVL	DM-B
SESSION 8													
A	12:20-12:40 PM	LVL 5	11 F	LVL 4	9-10 F	LVL 4	11-12 F	LVL 3	15+ F	LVL 5	13-14 F	LVL 4	9-10 F
				LVL 4	6U F								
B	12:40-1:00 PM	LVL 5	11 F	LVL 4	9-10 F	LVL 4	11-12 F	LVL 3	9-10 F	LVL 5	13-14 F	LVL 4	9-10 F
C	1:00-1:20 PM	LVL 5	11 F	LVL 4	9-10 F	LVL 4	11-12 F	LVL 3	9-10 F	LVL 5	13-14 F	LVL 4	9-10 F
D	1:20-1:40 PM	LVL 5	12 F	LVL 4	9-10 F	LVL 4	11-12 F	LVL 3	9-10 F	LVL 5	13-14 F	LVL 4	9-10 F
E	1:40-2:00 PM	LVL 5	12 F	LVL 4	13-14 F	LVL 3	7-8 F	LVL 3	9-10 F	LVL 4	11-12 F	LVL 4	9-10 F
								LVL 3	6U F				
F	2:00-2:20 PM	LVL 5	12 F	LVL 3	6U F	LVL 3	7-8 F	LVL 3	13-14 F	LVL 4	11-12 F	LVL 4	7-8 M
				LVL 2	7-8 F							LVL 4	9-10 M
G	2:20-2:40 PM	LVL 5	12 F	LVL 4	11-12 F	LVL 3	7-8 F	LVL 3	13-14 F	LVL 4	11-12 F	LVL 4	7-8 F
H	2:40-3:00 PM	LVL 4	7-8 F	LVL 4	11-12 F	LVL 3	11-12 M	LVL 3	11-12 F	LVL 4	11-12 F	LVL 4	7-8 F
I	3:00-3:20 PM	LVL 4	7-8 F	LVL 4	11-12 F	LVL 2	11-12 M	LVL 3	11-12 F	LVL 3	6U F	LVL 4	7-8 F
						LVL 1	11-12 M			LVL 3	11-12 F		
						LVL 1	9-10 F			LVL 1	11-12 F		
						LVL 1	6U F						
J	3:20-3:40 PM	LVL 3	7-8 M	LVL 4	7-8 M	LVL 2	9-10 F	H2	22-29 F	LVL 2	7-8 F	LVL 1	6U F
		LVL 3	9-10 M	LVL 4	9-10 M			LVL 2	15+ F			LVL 1	7-8 F
		LVL 3	11-12 M	LVL 4	11-12 M			LVL 2	11-12 F			LVL 1	9-10 F
		LVL 3	13-14 M									LVL 1	13-14 F
	3:40 PM	AWARDS CEREMONY- LEVEL 4 - 5 ONLY											
K	3:40-4:00 PM	LVL 3	7-8 F	LVL 3	9-10 F	LVL 2	9-10 F	LVL 2	7-8 F	LVL 2	6U F	LVL 2	9-10 M
		LVL 3	13-14 F							LVL 2	9-10 F	LVL 3	7-8 M
												LVL 3	9-10 M
												LVL 3	13-14 M
L	4:00-4:20 PM	LVL 3	7-8 F	LVL 3	9-10 F	LVL 2	9-10 F	LVL 2	7-8 F	LVL 3	7-8 F		
		LVL 3	15+ F					LVL 2	13-14 F				
M	4:20-4:40 PM	LVL 2	6U F	LVL 1	6U F	LVL 3	7-8 M	LVL 1	7-8 F	LVL 3	7-8 F		
		LVL 2	6U M	LVL 1	11-12 F	LVL 3	13-14 M						
		LVL 2	7-8 M										
		LVL 2	9-10 M										
		LVL 1	9-10 M										
N													
	4:40-5:00 PM	LVL 2	9-10 F	LVL 1	9-10 F	LVL 2	6U M	LVL 2	6U F				
		LVL 2	13-14 F			LVL 2	7-8 M						
		LVL 2	11-12 F			LVL 2	9-10 M						
O													
	5:00 - 5:20 PM	LVL 3	11-12 F	LVL 1	7-8 F								

WARM UP PROCEDURES		
ELITE LEVELS		
	ELITE- 10 - OPEN	
	PRELIMS	FINALS
	15 MINUTE W/U	15 MINUTE W/U
TRAMPOLINE		
TUMBLING		
DOUBLE MINI		
DEVELOPMENTAL LEVELS		
	LEVELS 1 - 7	LEVEL 8
		OPEN W/U THURSDAY
TRAMPOLINE	2 TOUCHES	2 TOUCHES
TUMBLING	2 PASSES	3 PASSES
DOUBLE MINI	2 PASSES	3 PASSES
	LEVEL 9	
	PRELIMS	FINALS
	OPEN W/U THURSDAY	55 MINUTE SESSION W/U
TRAMPOLINE	2 TOUCHES	1 TOUCHES
TUMBLING	3 PASSES	2 PASSES
DOUBLE MINI	3 PASSES	2 PASSES
	SYNCHRONIZED TRAMPOLINE	
	PRELIMS	FINALS
	OPEN W/U FRI + 15 MINUTE	NONE
LVL 8 - 10	1 TOUCH	
JR & YE	1 TOUCH	
IE & SR	2 TOUCHES	