

**PowerHouse Gymnastics Meet at Vanguard Academy  
Brand New Gym 16,000 sq ft.**

**1200 E. Kelly  
Pharr, TX 78577  
(956) 782 - 1221**

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***Let's Go Safari in the Valley!!!!***

**Session I**

**Saturday Sept 10, 2011 Levels 2**

Open Stretch 8:00 a.m. – 8:20 a.m.  
Coaches Meeting 8:10 a.m. – 8:20 a.m.  
Introductions 8:20 a.m. – 8:30 a.m.  
Timed Warm up/Competition 8:30 a.m. – 9:45a.m.  
*Awards to Follow*

**Session II**

**Saturday Sept 10, 2011 Level 3**

Open Stretch 10:45 a.m. – 11:05 a.m.  
Coaches Meeting 10:55 a.m. – 11:05.m.  
Introductions 11:05.m. – 11:15 a.m.  
Timed Warm up/Competition 11:15 a.m. – 12:45 p.m.  
*Awards to Follow*

**Session III**

**Saturday Sept 10, 2011 Level 4A**

Open Stretch 1:35 p.m. – 1:55 p.m.  
Coaches Meeting 1:45 p.m. – 1:55 p.m.  
Introductions 1:55 p.m. – 2:05 p.m.  
Timed Warm up/Competition 2:05 p.m. – 4:00 p.m.

**Session IV**

**Saturday Sept 10, 2011 Level 4P**

Open Stretch 4:50 p.m. – 5:10 p.m.  
Coaches Meeting 5:00 – 5:10 p.m.  
Introductions 5:10 p.m. – 5:20 p.m.  
Timed Warm up/Competition 5:20 p.m. – 7:30 p.m.  
*Awards to Follow*

**Doors will be open 30 minutes before open stretch.**

Maps can be found on our website: [www.powerhousegymnastics.com](http://www.powerhousegymnastics.com)

Holiday inn 205 W Nolana Loop, Pharr, TX 78577 (956)259-7829 or 1-888-465-4329  
<http://local.yahoo.com/info-19350115-vanguard-academy-school-district-pharr>