



# 2010 Aloha Championships

## April 17 – 18, 2010

### ASI Keller

**Doors will open 15 minutes prior to open stretch each day for the next session.**

**Adults (13 yrs. & up): \$5.00    Children 5-12: \$3.00    Under 5: Free**

**NO OUTSIDE FOOD WILL BE ALLOWED INSIDE THE GYM**

#### **Saturday, April 17, 2010**

##### **Session 1    Levels 1 & 2**

**WinKids (1 & 2), ASI Keller (1), ASI Firewheel (1's Kylee, Nick, Sam & Katie)**

7:55 a.m.	Coaches Meeting
8:00 a.m.	Open Stretch
8:20 a.m.	March In
10:30 a.m.	Awards

##### **Session 2    Levels 1 & 2**

**ASI Lake Highlands (1 & 2), ASI Mesquite (1), ASI Allen (1),  
ASI Firewheel (1's – Melyssa's only), ASI Arlington (1)**

11:10 a.m.	Coaches Meeting
11:15 a.m.	Open Stretch
11:40 a.m.	March In
1:30 p.m.	Awards

##### **Session 3    Levels 1, 2 & 3**

**The Gymnastics Place (2), ASI Lake Highlands (3), ASI Allen (2 & 3)  
ASI Mesquite (2), ASI Firewheel (2) and Cross Timbers (all)**

2:10 p.m.	Coaches Meeting
2:15 p.m.	Open Stretch
2:35 p.m.	March In
4:45 p.m.	Awards

##### **Session 4    Levels 3, 4, & 5**

**ASI Lake Highlands (4), ASI Mesquite (3&4), GymKix (3 & 4)  
ASI Firewheel (3, 4, & 5), ASI Keller (4), and JCC (4)**

5:25 p.m.	Coaches Meeting
5:30 p.m.	Open Stretch
5:50 p.m.	March In
8:00 p.m.	Awards

**Sunday, April 18, 2010**

**Session 5 Level 2, 3, 4 & 5**

**Infinite Bounds (3, 4 & 5), ASI Keller (2), ASI Arlington (3 &4)  
ASI Plano West (3), Gymtricks (4)**

7:55 a.m.	Coaches Meeting
8:00 a.m.	Open Stretch
8:20 a.m.	March In
10:30 a.m.	Awards

**Session 6 Level 1**

**Gymtricks (1), ASI Plano West (1), ASI Rockwall (1),  
JCC (2 & 3)**

11:10 a.m.	Coaches Meeting
11:15 a.m.	Open Stretch
11:40 a.m.	March In
1:30 p.m.	Awards

**Session 7 Levels 2 & 3**

**GymStar (3), ASI Arlington (2), ASI Plano West (2),  
ASI Rockwall (2) and Gymtricks (3)**

2:10 p.m.	Coaches Meeting
2:15p.m.	Open Stretch
2:35 p.m.	March In
4:45 p.m.	Awards

**Session 8 Levels 3, 4, & 5**

**GymStar (4, 5, & 7), ASI Keller (3), ASI Rockwall (3 & 4),  
ASI Plano West (4)**

5:25	Coaches Meeting
5:30	Open Stretch
5:50	March In
7:45	Awards