



# **TGGA Boys Blast Off**

**January 23, 2010**

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|-------------------|--|
| <b>12:55 p.m.</b> | <b>Coaches Meeting</b>                   |
| <b>1:00 p.m.</b>  | <b>Stretch</b>                           |
| <b>1:15 p.m.</b>  | <b>Warm-up</b>                           |
| <b>2:15 p.m.</b>  | <b>Team Introduction and Competition</b> |