

Elite Team Selection Camp - Dec 3-4, 2022

Saturday				
1:00	Check In & Team Meeting			
1:15	Warm up	Group 1	Group 2	Group 3
1:30	Rotation 1	FX	PH	SR
2:10	Rotation 2	PH	SR	VT
2:50	Rotation 3	SR	VT	PB
3:30	Rotation 4	VT	PB	HB
4:10	Rotation 5	PB	HB	FX
4:50	Rotation 6	HB	FX	PH
5:30	Stretch			
5:45	Depart			

Group 1	Group 2	Group 3
Nicholas Lester (NVG)	Evan Wenstad (GO)	Isaiah Mlay (WCOGA)
Max Odden (NVG)	Troy Nuesca (GO)	Brandon Dang (WCOGA)
Nathan Roman (AGILITY)	Zach Smollin (GO)	Collin Flores (WCOGA)
Reece Landsperger (USA FLAIRS)	Toma Murakawa (GO)	Tyler Flores (WCOGA)
Niko Greenly (HIGH SIERRA)	Brendan Strom (GO)	Preston Ngai (ELEVATE)
Alex Istock (BAYSHORE ELITE)	Grey Westmore (GO)	David Ramirez (Central Coast)
Wade Nelson (SCATS)	Zachary Green (Stanford Boys)	Emilio Bracken (HeadOverHeels)
Hayden Brown (SCATS)	Deano Roberts (Stanford Boys)	Lorenzo Diaz (Go For It)
	Tyler Burgess (GymCats NV)	

Sunday				
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2:50	Rotation 3	SR	VT	PB
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