



**Train to REIGN!**

**Let's squeeze out every tenth of detail we can.**

- **Stick landings!**
- **Hit handstands!**
- **Work for details!**
  - **Get inspired!**
- **Dream BIG – Go BIG!**

**Show your Region 5 PRIDE.**

**Note: 1<sup>st</sup> Alternates will be included in regional housing if room is paid at regional championships. Alternates have been scheduled for a workout Friday afternoon at Texas Dreams gym near airport. Gymnasts who qualify to compete for a different region will attend training with that region. However, they are included in our regional housing.**

**National Qualifiers handbook will be available at regionals.**