

# 2023 West Palm Beach World Cup

## Additional Training Opportunities



**WORLD CUP 2023**  
West Palm Beach, FL  
 Trampoline, Tumbling & Double Mini

USA Gymnastics is pleased to be able to offer delegations the opportunity to train on the official warmup and competition equipment prior to the West Palm Beach World Cup.

### Trampoline

Training spots will be allocated on a first-come, first-served basis. Two trampolines per gender will be available. Multiple federations may be scheduled at one time. Where possible and depending on final entries, an effort will be made to keep numbers to a maximum of 24 athletes across four trampolines.

The cost will be:

- Warmup equipment (2 trampolines per gender):
  - \$100 per hour (6+ athletes)
  - \$50 per hour (1-5 athletes)
- Competition equipment (2 trampolines per gender):
  - \$200 per hour (6+ athletes)
  - \$100 per hour (1-5 athletes)

### Tumbling / Double Mini

Training spots will be allocated on a first-come, first-served basis. Multiple federations may be scheduled at one time. Where possible and depending on final entries, an effort will be made to keep numbers to a maximum of 24 athletes per equipment piece).

The cost will be:

- Warmup equipment (1 floor / 1 DMT):
  - \$50 per hour (6+ athletes)
  - \$25 per hour (1-5 athletes)
- Competition equipment (1 floor / 1 DMT):
  - \$100 per hour (6+ athletes)
  - \$50 per hour (1-5 athletes)

Available times are below. Please complete this [Google Form](#) with your requests. Cancellations and changes (subject to availability) will be accepted up to the nominative deadline.

	Warmup equipment	Competition equipment
Friday July 28	8am-5pm	N/A
Saturday July 29	8am-9pm	N/A
Sunday July 30	8am-9pm	5pm-9pm
Monday July 31	8am-9pm	8am-9pm
Tuesday August 1	Open training (no charge)	8am-9pm
Wednesday August 2	Official allocated training	Official allocated training