

NC USA Gymnastics Xcel Training Camp Schedule August 6-7, 2022

At SGA Gymnastics, 110 Competition Ctr. Dr., Suite 100, Morrisville, NC 27560
919-917-5053 in case of an emergency

Rotations –

V, UB, BB, FX – 35 min. rotations (subrotations TBD)

- 3 10 min. subrotations/event
- OR 2 15 min. subrotations/event

Stations will be staffed by judge/judges to address coaches' questions during the sessions.

5:30-5:50	Registration
5:50-6:25	Warm-ups
6:25-7:00	Rotation 1
7:00-7:35	Rotation 2
7:35-8:10	Rotation 3
8:10-8:45	Rotation 4
8:45-9:05	Motivation/Cool Down

SGA Rec classes (1-2 squads) 9:00-1:00
(occurring simultaneously with training camp in separate area)

Saturday, August 6

Bronze

8:00-8:20	Registration
8:20-8:55	Warm-ups
8:55-9:30	Rotation 1
9:30-10:05	Rotation 2
10:05-10:40	Rotation 3
10:40-11:15	Rotation 4
11:15-11:35	Motivation/Cool Down
11:30-12:30	Lunch/Questions

Silver

12:30-12:50	Registration
12:50-1:25	Warm-ups
1:25-2:00	Rotation 1
2:00-2:35	Rotation 2
2:35-3:10	Rotation 3
3:10-3:45	Rotation 4
3:45-4:05	Motivation/Cool Down
4:00-5:30	Dinner/Questions

Gold

Sunday, August 7

Rotations –

V, UB, BB, FX, Dance – 40 min. rotations
(subrotations TBD)

- 3 12 min. subrotations/event
- OR 2 20 min. subrotations/event

Stations will be staffed by judge/judges to address coaches' questions during the sessions.

9:00-10:30 **New Xcel Code Clinic**
Brunch items late

Platinum, Diamond, Sapphire

10:30-10:50	Registration
10:50-11:30	Warm-ups
11:30-12:10	Rotation 1
12:10-12:50	Rotation 2
12:50-1:30	Rotation 3
1:30-2:10	Rotation 4
2:10-2:50	Rotation 5
2:50-3:10	Motivation/Cool Down