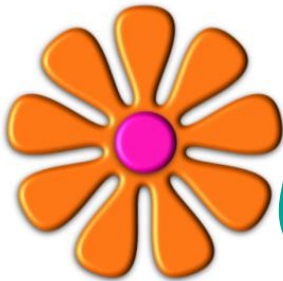
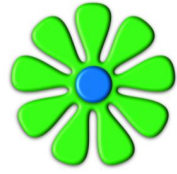




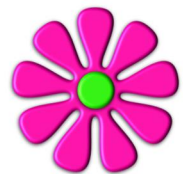
PEACE



LOVE

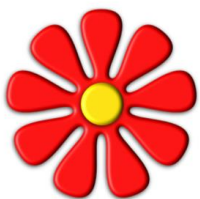


GYMNASTICS



2023 Pennsylvania

Xcel Gold Diamond Sapphire



State Championships





Competition Information



Competition Dates: May 19-21, 2023

Competition Site: The Nittany Valley Sports Centre
177 Champion Drive
State College, PA 16803

Host Club: Centre Elite Gymnastics– State College, PA (814)380-0894

Meet Director: Heather Kikel
Email: heather@centreelitegym.com
Phone: (814)380-0894

Meet Website: www.centreelitegymnastics.com

Entry Fees: \$125/ Gymnast \$50/ 3 Person Team (No team competition for Gold)

Registration: The qualifying score is 35.00 for All Around athletes in Gold & Diamond, 33.00 for Sapphire. Athletes in Diamond & Sapphire only may qualify as IES with a 9.00 on the event. All registrations must be made through USAG Meet Reservations & MeetMaker.com—online payment is required at the time of registration. A \$25/ gymnast late fee will be added through MeetMaker for registrations completed after April 28, 2023.

Meet Format: Modified Capitol Cup– 1 Gym with 2 sets of identical equipment & 2 floors. Flight A competes on one set of equipment, Flight B on the other. Timed warm-ups per level of gymnast will occur prior to competition– there will be no 30 second touch.

Music: All floor music must be downloaded to an iPad, iPod or MP3 player before the competition. **Online streaming or downloading of music will not be available.**

Awards: Individual event & All-Around awards will be presented to each age group at the conclusion of the competition– 40% in each age group. Team awards will be presented at the end of competition for Diamond & Sapphire– 50% in each level up to 10 places. Senior Ceremonies will be conducted at the end of the sessions as necessary.

Competition Schedule: Final session times will be emailed to addresses used to register athletes in MeetMaker as well as posted to pagymnastics.com, meetmaker.com & centreelitegymnastics.com.

COVID Protocols: There are currently no requirements for spectators, athletes, coaches or officials prior to entrance to the competition.



Competition Information



Coaches Information: All coaches planning on coaching during the competition MUST be registered through USA Gymnastics Reservation System for membership verification. Coaches must present their current USAG Professional Member card at sign in. Any coach not registered will be unable to coach until membership verification has been completed.

Petition Forms: All petition forms must be sent to Donna Guenther (SACC) for approval. If you need to petition an athlete, please email the completed form to pausag155@gmail.com

Meet Updates: Meet updates will be emailed to the email address used when registering athletes in MeetMaker.

Scoring: Final results will be posted online at pagymnastics.com, centreelitegymnastics.com & meetscoresonline.com

Meet Vendors:

- Centre Elite Team Booster Club
- Fine Designs Custom Clothing
- GymnasticsPhoto.com
- GK Elite

Equipment: AAI Equipment & matting provided by United Athletic International

Host Hotels:

Holiday Inn Express: 1925 Waddle Road, State College, PA 16803

For reservations please call 814-867-1800 use code XS1

\$119/ Night

Hampton Inn & Suites: 1955 Waddle Road, State College, PA 16803

For reservations please call 814-231-1899 use code XCE

\$129/ Night

SpringHill Suites By Marriot: 1935 Waddle Road, State College, PA 16803

For Reservations please call 814-867-1807. Press 0 at recording & give code XCEL

\$149/ Night

Toftrees Golf Resort: 1 Country Club Ln, State College, PA 16803

For Reservations please call 814-234-8000 use code Centre Elite

\$129/ Night



T-Shirt Pre Order Form



	Gymnasts Name	Size- Circle One
1		CS CM CL AS AM AL XL
2		CS CM CL AS AM AL XL
3		CS CM CL AS AM AL XL
4		CS CM CL AS AM AL XL
5		CS CM CL AS AM AL XL
6		CS CM CL AS AM AL XL
7		CS CM CL AS AM AL XL
8		CS CM CL AS AM AL XL
9		CS CM CL AS AM AL XL
10		CS CM CL AS AM AL XL
11		CS CM CL AS AM AL XL
12		CS CM CL AS AM AL XL
13		CS CM CL AS AM AL XL
14		CS CM CL AS AM AL XL
15		CS CM CL AS AM AL XL
16		CS CM CL AS AM AL XL

Team Name: _____

Contact: _____ Email: _____

Total # of Shirts _____ x \$20.00= \$ _____ Enclosed

Orders due by April 21, 2023

Make checks payable to CEG

Mail form & payment to: Centre Elite Gymnastics- Attn: Heather Kikel
177 Champion Drive
State College, PA 16803



Senior Bio Information



Please have your senior gymnasts complete this form & return it via email - along with a photo - to heather@centreelitegym.com. We must have this form & photo by Friday, April 28, 2023. If we do not have the completed form by this date, we will not be able to include the senior in the meet program, & may not be able to recognize them at the meet.

Gymnast Name: _____

Parents Names: _____

High School: _____

Club Name: _____

Coaches: _____

Years In Gymnastics: _____ **Favorite Event:** _____

Career Highlights: _____

Future Plans: _____

College: _____ **Major:** _____



Local Dining & Points of Interest



Dining

Olive Garden: 1945 Waddle Road, State College www.olivegarden.com

Outback Steakhouse: 1905 Waddle Road, State College www.outbacksteakhouse.com

Texas Roadhouse: 1885 Waddle Road, State College www.texasroadhouse.com

Cracker Barrel Old Country Store: 215 Colonnade Blvd., State College www.crackerbarrel.com

Otto's Pub & Brewery: 2235 N. Atherton Street, State College www.ottospubandbrewery.com

Barrel 21 Distillery & Dining: 2255 N. Atherton Street, State College www.barrel21distillery.com

The Field Burger & Tap: 1 Country Club Lane, State College www.toftrees.com

Applebees: 12 Colonnade Way, State College www.restaurants.applebees.com

Red Lobster: 1670 N. Atherton, State College www.redlobster.com

Champs Sports Grill: 1611 N. Atherton Street, State College www.champssportsgrill.net

Happy Valley Brewing Company: 137 Elmwood Street, State College www.happyvalleybeer.com

Points of Interest

Nittany Lion Shrine: The Nittany Lion, sculpted from a large block of Indiana limestone by noted sculptor Heinz Warneke, was presented by the class of 1940. Located near the Recreation Building on the Penn State main campus, the Lion Shrine is one of the most popular places on campus & is said to be the most photographed site on campus.

<http://www.psu.edu/ur/about/nittanyshrine.html>

The Berkey Creamery: For over 150 years, the Creamery has been a landmark at Penn State. Some of the biggest names in ice cream making - including Ben & Jerry, Baskin-Robbins & Haagen-Dazs - have attended the Creamery's legendary ice cream short course, held for just 6 days a year, to learn how to craft the perfect ice cream. www.creamery.psu.edu

Penn State All Sports Museum: Located in the southwest corner of Beaver Stadium, the Penn State All Sports Museum offers visitors a firsthand look at the athletic history, heritage & traditions of one of the greatest universities in the nation. Take a peak inside Beaver Stadium from the Mount Nittany Club & view the multiple exhibits throughout the two level, 10,000 sq ft facility.

www.gopsusports.com/museum

Downtown State College: Downtown State College is the premier business, cultural & entertainment destination in Centre County. Need retail therapy? The downtown shops feature an eclectic mix of both retail chains & independent local shops. Famished after a day of shopping? The downtown restaurant scene has something for everyone, from the casual diner to the cultured foodie.

2023 Pennsylvania Xcel Gold Diamond Sapphire Good Luck Ads

Advertisements Specs:

All ads must be supplied as JPG files. Ads must be emailed to heather@centreelitegym.com by Friday, April 28, 2023. Payments must be received by Friday, April 28, 2023.

Please mail all payments (payable to CEG) to:

Centre Elite Gymnastics c/o Heather Kikel

177 Champion Drive

State College, PA 16803

FULL PAGE

SIZE: 8 X 10.5

\$75

Ink- Greyscale

HALF PAGE

SIZE: 8 X 5

\$45

Ink- Greyscale

QUARTER PAGE

SIZE: 3.875 X 5

\$25

Ink- Greyscale

1/8TH PAGE

SIZE: 3.875 X 2.5

\$15

Ink- Greyscale

Please email heather@centreelitegym.com as soon as possible to confirm ad size. Artwork & Ads must be received no later than April 28, 2023.

Ads should be submitted in .jpg format to heather@centreelitegym.com

Please mail payments payable to CEG to:

Centre Elite Gymnastics
c/o Heather Kikel
177 Champion Drive
State College, PA 16803

2023 Pennsylvania Xcel Gold Diamond Sapphire State Championships Admissions Prices

AGES	1 Day	Weekend
Ages 5 & Under	FREE	FREE
Ages 6 & Up	\$15.00	\$35.00
Senior Citizens (over 65)	\$10.00	\$25.00
Score Books	\$3.00	\$3.00

There will be no free admission or discounts given for USA Gymnastics registered athletes or coaches NOT participating in the 2023 PA Xcel Gold * Diamond * Sapphire State Championships. Competitors of the 2023 State Championship may attend other sessions without charge.