

Updated NC Xcel Training Camp Schedule

September 14-15, 2024

Cabarrus County Gymnastics

Saturday, Sept. 14

11:00 – 12:30 Lunch for staff & clinicians + “Lunch & Learn” for coaches coming to Session 1

Session 1 Bronze & Silver Gymnasts

1:00-1:30 Registration
1:30-2:00 Warm-ups
2:00-2:45 Event 1
2:45-2:50 Change events
2:50-3:35 Event 2
3:35-3:50 Snack Break
3:50-4:35 Event 3
4:35-4:40 Change events
4:40-5:25 Event 4
5:25-5:45 Cool down and closing

Sunday, Sept. 15

Session 2 Gold Gymnasts

8:00-8:30 AM Registration
8:30-9:00 Warm-ups
9:00-9:45 Event 1
9:45-9:50 Change events
9:50-10:35 Event 2
10:35-10:50 Snack Break
10:50-11:35 Event 3
11:35-11:40 Change events
11:40-12:25 Event 4
12:25-12:45 Cool down and closing

12:30-1:30 Lunch for staff & clinicians + “Lunch & Learn”

Sunday, Sept. 15

Session 3 Platinum, Diamond, Sapphire Gymnasts

1:30-2:00 Registration
2:00-2:30 Warm-ups
2:30-3:15 Event 1
3:15-3:20 Change events
3:20-4:05 Event 2
4:05-4:20 Snack Break
4:20-5:05 Event 3
5:05-5:10 Change events
5:10-5:55 Event 4
5:55-6:10 Cool down and closing