

*Join us at the
'Mask'erade Ball!*



*The 2021 Pennsylvania
Xcel State Championships*

April 30- May 2, 2021

State College, PA

Competition Information

Competition Dates: April 30– May 2, 2021

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: \$85.00/ Gymnast There will be no team competition in 2021.

Registration: The qualifying score is 35.00 for All Around athletes and 9.00 for IES athletes at the Xcel Platinum and Diamond levels. All registrations must be made through MeetMaker.com. Online payment is required at the time of registration. Please note that MeetMaker charges a 3% transaction fee for credit card payments– there are no additional charges for payments made via ACH from a checking account. A \$25.00 per gymnast late fee will be added through MeetMaker for registrations completed after April 5, 2021.

Meet Format: Modified Capitol Cup– 1 Gym with 2 sets of identical equipment with 1 floor. 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.

Awards: Individual event and All-Around awards will be presented to each age group at the conclusion of the competition– 40% in each age group. There will be no team competition in 2021. Senior Ceremonies will be conducted at the beginning of award 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 and centreelitegymnastics.com.

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 and centreelitegymnastics.com

Meet Vendors:

- Centre Elite Team Booster Club
- Champion Designs Company
- Quatro Gymnastics

Equipment: Equipment and matting provided by Mancino Manufacturing

VAULT	BARS	BEAM	FLOOR
<ul style="list-style-type: none">• AAI Tac 10 Vault Tables• AAI Tac 10 Vault Board	<ul style="list-style-type: none">• AAI Elite Uneven Bars• FSA Leg Package• Vault Board	<ul style="list-style-type: none">• Mancino Competition Club Beams• Vault Board• Mancino Euro Style Mount Block	<ul style="list-style-type: none">• Mancino Baltic Birch Floor 42'x42'• 1-3/8' Carpet Bonded Foam• Spring Floor Corner Blocks

Host Hotels:

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

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

\$119/ Night

Fairfield Inn & Suites 2215 N. Atherton Street, State College, PA 16803

For reservations please call 814-238-3871 use code XSGP

\$109/ Night

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

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

\$114/ 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 XXCP

\$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 March 29, 2021

Make checks payable to CEGTBC

**Mail form and 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 and return it via email - along with a photo - to heather@centreelitegym.com. We must have this form and photo by Friday, April 2, 2021. If we do not have the completed form by this date, we will not be able to include the senior in the meet program, and may not be able to recognize them at the meet.

Gymnast Name: _____

Hometown: _____ **Age:** _____

Parents Names: _____

High School: _____

Club Name: _____

Coaches: _____

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

Career Highlights: _____

Future Plans: _____

College: _____ **Major:** _____

Covid 19 Policies and Procedures

ENTRY TO COMPETITION FACILITY:

- There will be separate entry points for athletes/ coaches & spectators. You will only be allowed to enter the facility through these entry points.
- Doors will open for entry to the facility no more than 30 minutes before gymnast check in so that the competition floor may be cleared out and sanitized.
- Spacing and distancing of lines will be required before entry. You may be asked to wait outside prior to entering the facility to assist with social distancing.
- Athletes/ Coaches & Spectators will enter through separate doors at the front of the building. Masks will be required upon entry.
- All persons (athletes, coaches, judges, spectators etc.) entering the facility will be temperature checked and asked to utilize hand sanitizer upon entrance to the building. Temperatures exceeding 100.3 or persons showing flu-like symptoms will NOT be permitted entrance into the facility.
- Spectators are asked to have exact change or provide credit card for spectator entry fees.

SPECTATORS:

- Only 2 spectators per athlete will be allowed to attend the competition. Spectators may be required to name their athlete upon entry to ensure spectator limits are maintained.
- All spectators will be required to wear masks while inside the facility.
- Spectator seating will be spaced to allow for social distancing. Spectators will be asked to refrain from moving seats during the competition. Chairs will be available in groupings for family members.

VOLUNTEERS:

- Volunteers must be temperature screened prior to entering the facility for their working session.
- Volunteers will be required to wear masks while working.
- Volunteers will be asked to remain at their assigned station until the completion of the competition.
- Volunteers and coaches will be asked to refrain from sitting at judging tables while judges are on break and between events/ sessions.

COACHES & JUDGES:

- Areas will be provided for coaches and judges that allow for social distancing during breaks. These locations will be cleaned and sanitized between use.
- Coaches will be asked to refrain from sitting at judges tables while judges are on break and between events/sessions.
- Coaches and athletes should do their best to maintain 6' distancing whenever possible.
- Coaches will be asked to wear masks but can remove them when spotting if needed.

GYMNASTS:

- Gymnasts will be required to wear masks when entering facility and until they arrive at their specified station on the competition floor. Masks will be required when leaving the competition floor for any reason. Gymnasts will be asked to wear masks when not actively participating in warm ups or competition.
- Gymnasts will be asked use hand sanitizer before and after each event. Sanitizer will be available at each event for the gymnasts and coaches.
- Gymnasts must provide their own personal water bottle and bottle must remain in their bag when not being used– drinking fountains will not be available.
- Gymnasts must provide their own chalk bag/ box, spray bottles, brushes etc. Coaches may receive a block chalk at each session as needed but there will be NO common chalk bowls.
- Gymnasts bags must be carried from event to event and left in the specified bag stations during competition.

****Centre Elite Gymnastics follows all PA State and CDC COVID-19 Health and Safety recommendations for safety and cleanliness. It is our goal to provide a safe and enjoyable competition for all athletes, coaches, judges, spectators and volunteers. These policies and procedures, effective 2/13/21, are subject to change as necessary.****

Covid 19 Policies and Procedures

COMPETITION FLOOR:

- Session numbers will be limited to no more than 64 athletes to allow for social distancing of athletes, coaches, judges and volunteers.
- Athletes will be asked to wash hands/ use hand sanitizer before and after competition.
- Hand sanitizer will be available at each event for all participants to utilize.
- Gymnasts and coaches will report to their first event for competition announcements and the playing of the National Anthem.
- Teams will be asked to skip presentation to the judges before events– athletes will present before competition routines only.
- Equipment, matting and judges tables will be cleaned and sanitized between sessions.
- Spectator seating will be cleaned and sanitized between sessions.
- Gymnasts and coaches will be asked to refrain from high fives, handshakes, hugs etc. Fist bumps and elbow bumps will be suggested.
- At the conclusion of the competition, athletes and coaches will be dismissed to the awards area, then spectators will be dismissed.

AWARDS:

- Awards will be conducted in a separate area from the competition floor. Clubs will be asked to maintain distancing while awaiting awards.
- Individual medals will be handed out following the conclusion of the competition.
- Athletes will be required to wear masks during the award ceremonies and will be asked to remain seated unless called to the podium.
- Athletes will be called for placement awards. Podium spots will be 6 feet apart to ensure distancing.
- Senior recognition ceremonies will be held at the beginning of the award session as necessary.
- All athletes, coaches and spectators will exit the facility from the awards area.

GENERAL INFORMATION:

- Water fountains will not be available during the competition. Athletes should bring personal water bottles.
- Bathroom facilities will be monitored and cleaned every hour. Lines for restrooms need to maintain social distancing. The number of persons permitted in the restrooms will be limited to 4 people at any given time.
- Separate entrance and exit points will be utilized during the competition. Hand sanitizer will be available at entrance and exit points.
- Concessions will be available during the competition. Spectators are asked to consume all food and beverages in the concession seating area and not in the spectator seating areas.
- All spectators will be respectful of all athletes, coaches, judges, volunteers and other spectators and will be asked to promote a positive and encouraging atmosphere. Spectators who do not comply with these expectations may be asked to leave.

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Local Dining and 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 and Brewery: 2235 N. Atherton Street, State College www.ottospubandbrewery.com

Barrel 21 Distillery and 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 and 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 and 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](http://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 and traditions of one of the greatest universities in the nation. Take a peak inside Beaver Stadium from the Mount Nittany Club and view the multiple exhibits throughout the two level, 10,000 sq ft facility.

[Www.gopsusports.com/museum](http://www.gopsusports.com/museum)

Downtown State College: Downtown State College is the premier business, cultural and entertainment destination in Centre County. Need retail therapy? The downtown shops feature an eclectic mix of both retail chains and 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.

2021 PA Xcel States

Good Luck Ads

Advertisements Specs:

All ads must be supplied as JPG files. Ads must be emailed to heather@centreelitegym.com by Friday, January 10, 2020. Payments must be received by Friday, January 17, 2020. Please mail all payments (payable to CEGTBC) to:

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

FULL PAGE

SIZE: 8 X 10.5

\$50

Ink- Greyscale

HALF PAGE

SIZE: 8 X 5

\$30

Ink- Greyscale

QUARTER PAGE

SIZE: 3.875 X 5

\$20

Ink- Greyscale

1/8TH PAGE

SIZE: 3.875 X 2.5

\$10

Ink- Greyscale

Please email heather@centreelitegym.com as soon as possible to confirm ad size. Artwork and Ads must be received no later than April 12, 2021.

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

Please mail payments payable to CEGTBC to:
Centre Elite Gymnastics Team Booster Club
c/o Heather Kikel
2120 Old Gatesburg Road
State College PA 16803

2021 Pennsylvania Xcel State Championships Ticket Prices

AGES	1 Day	2 Days	3 Days
Ages 5 and Under	FREE	FREE	FREE
Ages 6 and Up	\$10.00	\$15.00	\$20.00
Senior Citizens (over 65)	\$7.00	\$10.00	\$15.00
Score Books	\$3.00	\$3.00	\$3.00

****There will be no free admission or discounts given for USA Gymnastics registered athletes or coaches NOT participating in the 2021 PA Xcel State Championships. Competitors of the 2021 PA Xcel State Championship may attend other sessions without charge.****