

# Region 7 Xcel Event



# Xcel Training Camp Info Packet

Oct 9 & 10  
9am-6pm

Giant Gymnastics  
Sparta, NJ

Specifically designed for Xcel coaches and athletes! Stay on top of Xcel judging and code updates, network and connect with other Xcel programs in our region, and learn proper basics and helpful drills to improve your gymnastics.

Register online at USAG Meet  
Reservation/Meetmaker



# Region 7 Xcel Training Camp

Region 7 Xcel Training Camp is back in person for 2021. Designed for Xcel athletes training Gold skills and higher, and coaches wanting to connect with other Xcel Programs in the Region

## Training Camp will include:

- Region 7 GK leotard
- Event Training w Clinicians
- Athlete & Coach Tracks
- Code Updates
- Coach/Judge Round Table Discussion
- Judging Sessions to better understand the code

**Detailed Schedule will be emailed and posted on our website as soon as it becomes available!**

Gyms will pick one day to attend with all athletes. Limited spaces for each day. Registration will open Friday on USAG Meet Reservation and Meetmaker.

\$125/athlete

Coaches Free w athlete

**Oct 9 /10**  
**9am-6pm**

**Giant Gymnastics Sparta, NJ**

**Questions? Contact Jen Skorski at 570-460-5319 or email [jcpgiant@gmail.com](mailto:jcpgiant@gmail.com).**



# Hotel Accomodations in Northern NJ



Hilton Garden Inn Rockaway  
375 Mt Hope Ave,  
Rockaway, NJ 07866  
(973) 328-0600



Holiday Inn Express & Suites  
Newton-Sparta  
8 N Park Dr,  
Newton, NJ 07860  
(973) 940-8888



Homewood Suites by Hilton  
Dover- Rockaway  
2 Commerce Center Dr,  
Dover, NJ 07801  
(973) 989-8899



Holiday Inn Express & Suites  
Mount Arlington-Rockaway  
3737 Route 46 East,  
Parsippany-Troy Hills, NJ 07054  
(973) 257-1600



Hampton Inn  
Denville/Rockaway/Parsippany  
350 Morris Ave,  
Denville, NJ 07834  
(973) 664-1050



Holiday Inn  
Budd Lake-Rockaway  
1000 International Dr North,  
Budd Lake, NJ 07828  
(973) 448-1100



Hampton Inn & Suites  
Parsippany/North  
3737 Route 46 East,  
Parsippany-Troy Hills, NJ 07054  
(973) 257-1600



Courtyard Rockaway-Mt Arlington  
15 Howard Blvd,  
Mt Arlington, NJ 07856  
(973) 770-2000



TownePlace Suites Dover  
4 Commerce Center Drive  
Dover NJ 07801  
(973) 659-9999



Residence Inn Mt Olive  
271 Continental Drive  
Mt Olive, NJ 07874  
(973) 691-1720

**Or Check Out one of the many  
Air BnB's in our area**

**Love the  
Outdoors?  
Check out the  
hiking and  
biking at our  
beautiful State  
Parks**



# Things To Do

The month of October is a great time of year to take in many of the fall activities in Northwest NJ/Northeast PA and Southwest NY. Check out some events happening in our area this October weekend.

## **October 9; Lafayette**

FALL FESTIVAL. Arts & Crafts Fair, Food Vendors, Children's Activities, Drawings 10:30am - 5pm. 75 State Route 15 .

The Shoppes at Lafayette; 973/255-9044

## **October 9; Belvidere**

WILD EDIBLE PLANTS WALK. Debra Naha present and take participants outside to identify edible plants growing in the wild. Wild tea tasting included and Naha's foraging book available for purchase 2 - 3pm. \$25. Wayne Dumont Jr. Administration Building.

Rutgers Cooperative Extension; 908-475-6507

## **Annual Sussex County Harvest Honey and Garlic Festival**

**October 9, 2021 10am - 4pm**

Sussex County Fairgrounds  
37 Plains Road, Branchville, NJ

This free family festival is a celebration of agritourism, ecotourism and arts & heritage tourism. The Festival will include local artisans, crafters and vendors plus displays highlighting northern New Jersey's great open spaces & natural history. For kids there'll be a hay ride, pumpkin painting, face painting & crafts.



## **West Milford Autumn Lights Festival Saturday October 9, 2021; 10am - 5pm**

Union Valley Rd West Milford, NJ  
info@autumnlightsfestival.com

The Autumn Lights Festival first started 20 years ago as a celebration to West Milford for getting its first traffic light! In the beginning it was just the town gathering on the lawn of Town Hall. Today it has grown to a street fair that has over 300 vendors, live music, child activities, games and rides. With about 20,000 'ALFers' that visit throughout the day.

# Check Out the Local Farms for Markets, Apple Picking and Fall Activities!



# Wait, there's more Things To Do!

## **Warwick Children's Book Festival**

**October 9, 2021**

**11:00 AM - 4:00 PM EDT**

<http://warwickchildrensbookfestival.org>

The Warwick Children's Book Festival is a family-friendly event presented by Albert Wisner Public Library that features more than 60 distinguished authors and illustrators of children's books, who will be on hand to sign their books (available for purchase on-site) and discuss their work with readers. The Uncle Brothers will perform a lively, free children's concert at 12:00pm. There will also be free children's crafts and the opportunity for children to read a book to a therapy dog. Stanley-Deming Park, where the festival will be held, offers an accessible playground, swing set and restrooms. The Festival will comply with all State and local regulations pertaining to Covid-19.



## **October 10; Frelinghuysen**

HAY BALES OF HOPE. Craft vendors, wildness walks with local naturalists, wine tasting, Tricky Tray with over 100 baskets filled with gifts and high value items supports this nonprofit organization licensed by the State to care for orphaned or injured wildlife. 11am - 4pm. 52 County Road 661.

Antler Ridge Wildlife Sanctuary; 973/980-8531

## **CRYSTAL SPRINGS MUSIC FEST @ Grand Cascades Lodge**

**Oct 10 @ 2:00 pm - 7:00 pm**

[info@autumnlightsfestival.com](mailto:info@autumnlightsfestival.com)

Join us for the first annual Crystal Springs Music Fest. Enjoy live music from some of the country's most talented singers & musicians, delicious dining options, full premium bar PLUS fun lawn games. You won't want to miss out on this exciting afternoon!



## **Jack O' Lantern Experience**

**October 1st thru November 7th, 2021**

Skylands Stadium

94 Championship Place, Augusta, NJ 07822


For 6 weeks of Pure Halloween Madness, Skylands Stadium will be decorated with over 6,000+ Jack-O-Lanterns throughout the stadium, on a 45-minute walk. The property and surrounding corn fields will be set ablaze with some of the most spectacular visuals you'll ever see. Perfect for families of all ages, date nights, and all lovers of Halloween Spirit.

# Places to Eat




**Lafayette House**  
4.3 ★★★★★ (479) · \$\$ · American  
Lafayette, NJ · In The Shoppes At Lafayette

Roomy restaurant for hearty American meals & a brunch buffet in a fancy hall or relaxed bar area.  
Dine-in · Takeout · No delivery




**O'Reilly's Pub and Grill**  
4.5 ★★★★★ (345) · \$\$ · Pub  
Newton, NJ

"This place is a treasure! Great food! Great prices!"  
Dine-in · Curbside pickup · No delivery




**Starbucks**  
4.2 ★★★★★ (240) · \$\$ · Coffee shop  
Lafayette, NJ

Seattle-based coffeehouse chain known for its signature roasts, light bites and WiFi availability.  
Dine-in · Curbside pickup · No delivery




**Hampton Diner**  
4.3 ★★★★★ (1,329) · \$\$ · Diner  
Newton, NJ

"Food was great, couldn't ask for a better outdoor seating."  
Dine-in · Curbside pickup · No-contact delivery




**Newton Pizza**  
4.7 ★★★★★ (200) · \$ · Pizza  
Newton, NJ

Takeout




**Yetter's Diner**  
4.1 ★★★★★ (861) · Diner  
Augusta, NJ

"Food generally good. Place always clean and friendly wait staff"  
Dine-in · Curbside pickup




**Jersey Dog**  
4.5 ★★★★★ (328) · \$ · Hot Dog  
Newton, NJ

Dine-in · Takeout · No delivery




**AG Pizza & Restaurant - Lafayette**  
4.4 ★★★★★ (254) · \$ · Pizza  
Lafayette, NJ

Dine-in · Curbside pickup · No-contact delivery




**Homestead Rest**  
4.2 ★★★★★ (431) · \$\$ · Restaurant  
Sparta, NJ

Casual, lodge-like restaurant & bar serving generous portions of hearty American fare.  
Dine-in · Takeout · No delivery




**Jersey Mike's Subs**  
4.3 ★★★★★ (175) · \$ · Sandwich  
Sparta, NJ

New Jersey-based counter-serve sandwich chain serving jumbo subs filled with cold cuts & toppings.  
Dine-in · Takeout · No-contact delivery



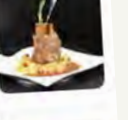
**Casa Capri**  
4.4 ★★★★★ (197) · \$\$ · Italian  
Sparta, NJ · In Aurora Computer Urgent Ca...

Dine-in · Curbside pickup · No-contact delivery




**Pizza One Sparta**  
4.3 ★★★★★ (224) · Pizza  
Sparta, NJ

Dine-in · Curbside pickup · Delivery




**Bubbakoos Burritos**  
4.0 ★★★★★ (130) · Restaurant  
Sparta, NJ

Dine-in · Takeout · Delivery




**Brick & Brew**  
4.5 ★★★★★ (648) · \$\$ · Traditional rest...  
Franklin, NJ

Dine-in · Takeout




**Playa Bowls**  
4.3 ★★★★★ (130) · \$\$ · Health Food  
Sparta, NJ

Dine-in · Takeout · Delivery




**Spring Diner**  
4.8 ★★★★★ (71) · Restaurant  
Newton, NJ

Dine-in · Takeout · Delivery



**Fat Daddy's Cheesesteaks**  
4.4 ★★★★★ (333) · \$ · Restaurant  
Lafayette, NJ

Dine-in · Curbside pickup · No-contact delivery



**Friendly's**  
4.1 ★★★★★ (244) · \$ · American  
Newton, NJ · In Sussex County Mall

Informal chain serving signature ice cream treats alongside American classics like burgers & melts.  
Dine-in · Curbside pickup · Delivery

