

# 2022 Xcel Summer Clinic

## Rotations –

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

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

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

## 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

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)**

## Rotations –

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

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

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

### **Sunday, August 7**

9:00-10:30 New Xcel Code Clinic

### **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