

NC Xcel Training Camp Schedule
October 3-4, 2026
Unify Gymnastics

Saturday, October 3

10:30 – 12:30 Lunch for staff & clinicians + “**Lunch & Learn**” for coaches coming to Session 1

Session 1 Gold Gymnasts (20 min rotations)

12:30-1:00PM Registration

1:00-1:20 Warm-ups

5:50-6:00 Rotate to floor area for
Cool down and closing

Sunday, October 4

Session 2 Platinum, Diamond, Sapphire Gymnasts (25 min rotations)

8:00-8:30 AM Registration

8:30-8:50 Warm-ups

2:05-2:20 Rotate to floor area for
Cool down and closing

2:20-3:45 Lunch for staff & clinicians

Session 3 Bronze, Silver Gymnasts (15 min rotations)

3:15-3:45 PM Registration

3:45-4:05 Warm-ups

7:00-7:15 Rotate to floor area for
Cool down and closing