*Introducing:*

**Region 7 Xcel Performance Camp**

Join us this August for Region 7’s first Xcel Performance Camp! This camp has been designed to help your Xcel coaches and athletes improve, stay on top of Xcel judging and code updates and to network and connect with other Xcel programs in our region. This one-day camp will offer USA Gymnastics and Xcel-specific clinicians, a special judging session for your gymnasts to better understand the Xcel code, and specialized dance, strength and trampoline sessions! Every athlete gets a Region 7 Xcel leotard with her registration!

**Camp Information**

**Date:** Session 1: August 3, 2019 Session 2: August 4, 2019 (This is a one day camp, choose one only day for your entire team!)

**Time:** 7:30am check-in, 8am start, 6pm dismissal

**Place:** Centre Elite Gymnastics, 177 Champion Drive, State College, PA 16803

**Who should come:** All Xcel coaches and Gold, Platinum or Diamond Xcel gymnasts.

**Session outline:**

7:30am – 7:50am Registration

8:00am - 8:30am Group warm up

8:30am – 11:30am Coaches with clinicians

Gymnasts with Dance, Yoga, Strength, Bar Shaping and Judging

11:30am – 12:15pm Lunch – supplied by Region 7 Camp

12:15pm – 12:30pm Group Warm up

12:30pm – 3:30pm Rotations –Clinicians will lead the workouts, coaches will assist with their gymnasts

3:30pm- 3:45pm Break – gymnast should bring their own snack and water for the day

3:45pm – 5:45pm Rotations

5:45pm – 6pm Group picture!

**Price:** $125 per gymnast, includes GK tank leotard, one meal and session with national trampoline specialist

**Registration is open May 20th through June 7th or until both sessions are full. Space is limited to 120 gymnasts each day. Register through Meet Maker. Full payment guarantees your spot. Deadline for cancellation with money back is May 31, 2019. (If camp is full when you try to register, contact Jane Caruso to be added to the waitlist.)**

**E-mail Jane Caruso at** [**janecaruso2@gmail.com**](mailto:janecaruso2@gmail.com) **with questions!**

**We look forward to seeing you in August! Region 7 Strong!!**