REGION IV USA GYMNASTICS

2023 XCEL TRAINING CAMP

USA Gymnastics
REGION 4

October 13-15
Twisters Gymnastics
Cedar Rapids, IA

2023 XCEL CAMP MASTER CLINICIANS INCLUDE:

Tom Koll
USA Gym Nat'l Dev Program Committee Chairman

Amanda Holt
Classic Gymnastics

Dennis Champeaux
Power & Grace Gymnastics

Mary Jo Roehrig
Spring Hill Gymnastics

Doug Byrnes
Hamline Gymnastics

Andrew Chupp
Twisters Gymnastics

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GET A HEAD START ON THE 2023-2024 SEASON...

JOIN US FOR CAMP!

REGISTRATION:
Please use the USA Gymnastics Meet Reservation system (USA Gym Sanction info below) to register your athletes for each event. Following your reservation in the USA Gym system, you will be directed to the MeetMaker website to complete the registration process. All athletes must have a registered coach on site (with active USA Gym Membership) for the duration of camp.

R4 XCEL CAMP: Oct. 13-15 at Twisters Gymnastics in Cedar Rapids, IA.
Sanction #86976, Registration opens 8/15/23
Cost: $225 (Includes R4 Leo)
Open to Athletes with Gold-Platinum-Diamond Competition Experience

Schedule:

- Fri. 4:00pm-9:00pm
- Sat. 8:30am-12:30pm; 1:30pm-5:30pm
- Sun. 8:30am-1:30pm

Refund Deadline: Full refund on/before 9/15/23; 50% on/before 9/29/23
Registration will remain open until camps are filled; athletes must be registered by 9/8/23 to receive camp leotard on site.

Registration limited to active USA Gymnastics Members only.