

# Xcel Newsletter

April 2022



## In-house Fun Meets

**Saturday, April 9th**

**Location:** Stars & Stripes  
Athletics

**Bronze:** 6:30-7:30pm

**Saturday, May 21st**

**Location:** Stars & Stripes  
Athletics

**Bronze:** 2:30-3:30pm

## REMINDERS:

We ask to limit spectators to no more than 4 per performing athlete.

Upon arrival, gymnasts and spectators need to enter through the middle door of the building. The athletes will get checked in and the spectators can find seating.

Athletes should wear their 2022 team leo and scrunchie with their hair in a bun for the fun meet.

Athletes should arrive at their scheduled fun meet time.



## Xcel State Championships

**Date:** April 22nd - 24th

**Location:** Kellogg Arena  
1 McCamly Sq.

Battle Creek, MI 49017

**\*\*The schedule for State Meet  
was sent via email\*\***

## Xcel Gold Regional Championships

**Date:** May 5th - 8th

**Location:** Kellogg Arena  
1 McCamly Sq.

Battle Creek, MI 49017

**\*\* To qualify athletes must earn an  
all-around score of 35.5 or higher at  
the state meet or a 9.0 or higher if  
they are event specialists.\*\***

## Practice Changes:

**NO PRACTICE:** Memorial Weekend  
May 28th - May 30th

# Summer Schedule / Move-ups

- We follow this current school year schedule through June 30th. The Summer schedule will be made available in late May and will begin the week of July 11th.
- Bronze move-ups will start with the new schedule in July, HOWEVER, they will know if they move up when the summer schedule comes out.
- Silver and above will learn of their move-ups in early fall.

## Xcel Levels

Xcel gymnastics includes 5 main levels: Bronze, Silver, Gold, Platinum, and Diamond. Within each Xcel level, there is a lot of room for growth. Gymnasts spend approximately 1-3 years (with 2 years being the average) per level because the requirements for each level offers gymnasts the opportunity to learn new skills and perfect the skills they have, while staying at the same level. There is no age restriction for the different levels, it is based on skill level and readiness. Additionally, we want the gymnasts to be confident, safe, and ready for each level they compete.

### Coming Up:

#### WOODWARD

Week of June 12th-18th

#### JULY 4TH BREAK

NO PRACTICE:

Xcel will be off the week of July 4th

#### XCEL CAMP (ALL LEVELS)

Week of August 1st-4th

\*More details to come

