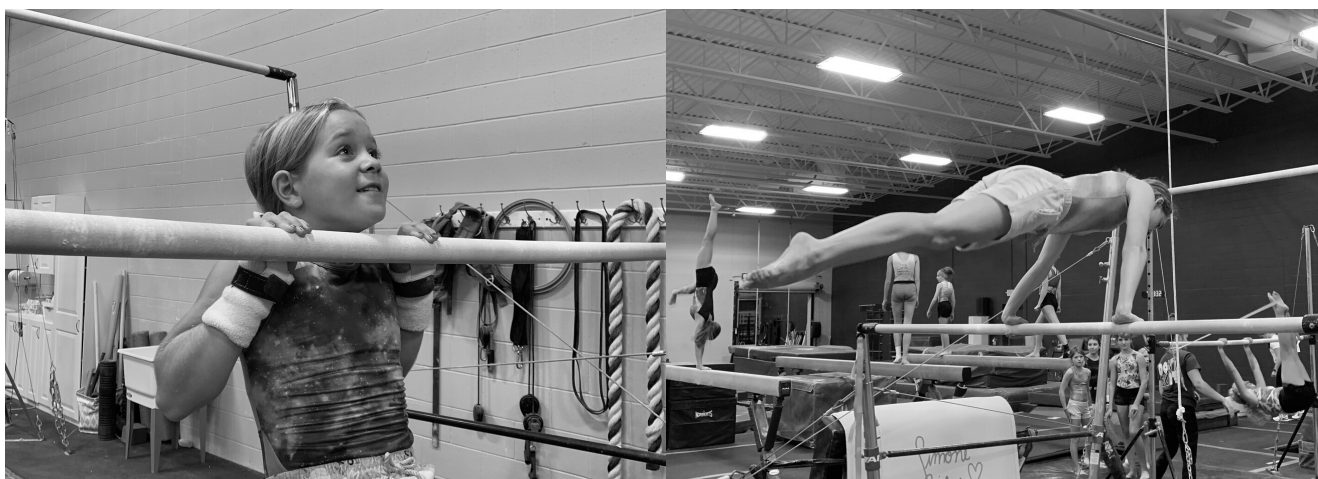




# XCEL NEWSLETTER

## FALL 2021



### **XCEL TRAVEL MEET & GOLD REGIONAL CHAMPIONSHIPS**

The Xcel team (optional) travel meet will be held at Kalahari in Sandusky, Ohio in March. If your daughter is interested in attending this meet you must register by October 15th (charges of \$179 will be applied to your account on Nov. 1st.). This is a great opportunity for an additional meet! If you plan to attend this meet book your hotel ASAP, <https://book.passkey.com/event/50235580/owner/49785631/home>.

Xcel Regional Championships provide an additional, optional meet for Xcel gold team members. Gymnasts can qualify to regional championships via state meet. Registration for Xcel regionals will take place directly after state meet. The Xcel Regional location has not yet been determined.

### **Xcel Holiday Practice Changes**

**Thanksgiving:**  
No practice Nov.  
24th - 26th

**Christmas:**  
No practice Dec.  
23rd - Jan. 1st

### **NUTRITION TIPS & RECIPE IDEAS FOR GYMNASTS**

Each month nutrition tips and recipe ideas for gymnasts will be shared through the "Betsy Bootcamp Food Guide". Betsy McNally Lauoar is a sports nutritionist, she is a former gymnast and current gymnastics coach (specifically specializing in conditioning). She provides great recipe ideas to help growing gymnasts stay fueled and healthy for their sport. ENJOY!



# XCEL COMPETITION

## schedule 2021-2022

Date	Competition	Location	Levels Attending
December 10 <sup>th</sup> – 12 <sup>th</sup>	MEGA Magic Classic	St. Joe's Mercy Elite Sports Center 18600 Haggerty Rd. Livonia, MI	Xcel Silver and Gold
December 18 <sup>th</sup> – 19 <sup>th</sup>	Holiday Show (not a meet)	Stars & Stripes	All Pre Team and Competitive Team
January 14 <sup>th</sup> – 16 <sup>th</sup>	Peter Goeorguiev Classic	Thurston High School Redford, MI	Xcel Silver and Gold
January 28 <sup>th</sup> – 30 <sup>th</sup>	Athlete Warrior	Macomb Community College Sports & Expo Center Warren, MI	Bronze, Silver and Gold
March 4 <sup>th</sup> – 6 <sup>th</sup>	Clover City Classic	Brighton, MI (venue TBD)	Xcel Silver and Gold
March 10 <sup>th</sup> – 13 <sup>th</sup>	Luau Invite	Kalahari Sandusky, OH	Optional for Xcel Silver and Gold, additional fees
April 22 <sup>nd</sup> – 24 <sup>th</sup>	Xcel Silver & Gold State Championships	TBD	Xcel Silver & Gold
May 6 <sup>th</sup> – 8 <sup>th</sup>	Xcel Gold Regional Championships	TBD	Xcel Gold – participation is optional <i>*additional fees apply</i>

**\*DATES SUBJECT TO CHANGE**