



**USA**

**Gymnastics**

**REGION 7**

**Xcel Regional Championships  
for Region 7**

**Gold \* Platinum \* Diamond \* Sapphire**

**June 1-4, 2023**

# Competition Information

**Competition Dates:** June 1-4, 2023

**Competition Site:** The Nittany Valley Sports Centre  
177 Champion Drive  
State College, PA 16803

**Meet Host:** Region 7 and Centre Elite Gymnastics

**Meet Website:** [www.region7usagym.com/meets](http://www.region7usagym.com/meets)

**Entry Fees:** \$125/ Gymnast (No team competition)

**Competitive Levels:** Xcel Gold, Platinum, Diamond & Sapphire may qualify to the 2023 Xcel Regional Championships.

**Qualification:** The 2023 Xcel Regional qualifying scores are:

**Xcel Gold, Platinum & Diamond-** 35.00AA at the State meet OR by Prequalifying with a 36.00 AA scored at any USA Gymnastics sanctioned event during the current season. Athletes may qualify as IES with a 9.00 on the event at States OR by Prequalifying with a 9.2 on the event at any USA Gymnastics sanctioned event during the current season.

**Xcel Sapphire-** 33.00AA at the State meet OR by Prequalifying with 34.00 AA scored at any USA Gymnastics sanctioned event during the current season & registering for/ competing at their State meet. Athletes may qualify as IES with a 9.00 on the event at States OR by Prequalifying with a 9.2 on the event at any USA Gymnastics sanctioned event during the current season.

**Registration:** All registrations must be made through USAG Meet Reservations & MeetMaker.com. Registration fee is \$125/ athlete -online payment is required at the time of registration. Registration for Pre-Qualified gymnasts, and those who have already competed at their state meets, will close at midnight on May 1, 2023.

**PA & VA (who will not have had State meets before May 1) – please register your Prequalified athletes in USAG and MeetMaker before May 1. Registration for gymnasts who qualify at their state meet will close at midnight the Monday following their state meet.** Registered athletes and coaches will receive a Region 7 t-shirt—please enter sizes when registering in MeetMaker.

**Meet Format:** Modified Capitol Cup– 1 Gym with 2 sets of identical equipment & 1 floor. Timed warm-ups per level of gymnast will occur prior to competition– there will be no 30 second touch.

**Music:** All floor music must be downloaded to an iPad, iPod or MP3 player before the competition. **Online streaming or downloading of music will not be available.**

# Competition Information

**Awards:** Individual event & All-Around awards will be presented to each age group at the conclusion of the competition. Senior Ceremonies will be conducted at the end of the sessions as necessary.

**Competition Schedule:** Sessions will be determined by level and age groups– there is NO team competition. Final session times will be emailed to addresses used to register athletes in MeetMaker as well as posted to [region7usagym.com](http://region7usagym.com), [meetmaker.com](http://meetmaker.com) and [centreelitegymnastics.com](http://centreelitegymnastics.com). Meet updates will be emailed to the email address used when registering athletes in MeetMaker.

**Coaches Information:** All coaches planning on coaching during the competition MUST be registered through USA Gymnastics Reservation System for membership verification. Coaches must present their current USAG Professional Member card at sign in. Any coach not registered will be unable to coach until membership verification has been completed. ***We are planning on running 3 competitive gyms at the same time. Sessions will be determined by age groups so you may have athletes competing in all 3 gyms at the same time. Please plan to staff your coaches appropriately.***

**Petition Forms:** All petition forms must be sent to Jane Caruso (RTCC) for approval. If you need to petition an athlete, please email the completed form to [janecaruso2@gmail.com](mailto:janecaruso2@gmail.com)

**Scoring:** Final results will be posted online at [region7usagym.com](http://region7usagym.com), [centreelitegymnastics.com](http://centreelitegymnastics.com) & [meetscoresonline.com](http://meetscoresonline.com)

## **Meet Vendors:**

- Centre Elite Team Booster Club
- GymnasticsPhoto
- Champion Designs
- GK Elite

**Equipment:** AAI Equipment & matting provided by United Athletic International

## **Host Hotels:**

**Holiday Inn Express:** 1925 Waddle Road, State College, PA 16803  
For reservations please call 814-867-1800 use code XR1 \$119/ Night

**Hampton Inn & Suites:** 1955 Waddle Road, State College, PA 16803  
For reservations please call 814-231-1899 use code XLR \$129/ Night

**SpringHill Suites By Marriot:** 1935 Waddle Road, State College, PA 16803  
For Reservations please call 814-867-1807. Press 0 at recording & give code XCRP  
\$139/ Night

**Toftrees Golf Resort:** 1 Country Club Ln, State College, PA 16803  
For Reservations please call 814-234-8000 use code Centre Elite \$129/ Night

# Xcel Regional Championships

## Leotard Pre Order Form

This is the official Region 7 Xcel Championship leotard– check website for design. Leotards are not included with registration and they are not required to be purchased or worn during the competition. Leotards may be pre-ordered or purchased on site at the competition.

|    | Gymnasts Name | Size– Circle One         |
|----|---------------|--------------------------|
| 1  |               | CS CM CL AXS AS AM AL XL |
| 2  |               | CS CM CL AXS AS AM AL XL |
| 3  |               | CS CM CL AXS AS AM AL XL |
| 4  |               | CS CM CL AXS AS AM AL XL |
| 5  |               | CS CM CL AXS AS AM AL XL |
| 6  |               | CS CM CL AXS AS AM AL XL |
| 7  |               | CS CM CL AXS AS AM AL XL |
| 8  |               | CS CM CL AXS AS AM AL XL |
| 9  |               | CS CM CL AXS AS AM AL XL |
| 10 |               | CS CM CL AXS AS AM AL XL |
| 11 |               | CS CM CL AXS AS AM AL XL |
| 12 |               | CS CM CL AXS AS AM AL XL |

Team Name: \_\_\_\_\_

Contact: \_\_\_\_\_ Email: \_\_\_\_\_

Total # of Leotards \_\_\_\_\_ x \$25.00= \$ \_\_\_\_\_ Enclosed

**Orders due by April 13, 2023**

Make checks payable to Region 7

Mail form & payment to: Centre Elite Gymnastics– Attn: Heather Kikel  
177 Champion Drive  
State College, PA 16803

# Senior Bio Information

Please have your senior gymnasts complete this form & return it via email - along with a photo - to [heather@centreelitegym.com](mailto:heather@centreelitegym.com). We must have this form & photo by Friday, May 11, 2023. If we do not have the completed form by this date, we will not be able to include the senior in the meet program, & may not be able to recognize them at the meet.

**Gymnast Name:** \_\_\_\_\_

**Parents Names:** \_\_\_\_\_

**High School:** \_\_\_\_\_

**Club Name:** \_\_\_\_\_

**Coaches:** \_\_\_\_\_

**Years In Gymnastics:** \_\_\_\_\_ **Favorite Event:** \_\_\_\_\_

**Career Highlights:** \_\_\_\_\_

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**Future Plans:** \_\_\_\_\_

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**College:** \_\_\_\_\_ **Major:** \_\_\_\_\_

# Local Dining & Points of Interest

## Dining

**Olive Garden:** 1945 Waddle Road, State College [www.olivegarden.com](http://www.olivegarden.com)

**Outback Steakhouse:** 1905 Waddle Road, State College [www.outbacksteakhouse.com](http://www.outbacksteakhouse.com)

**Texas Roadhouse:** 1885 Waddle Road, State College [www.texasroadhouse.com](http://www.texasroadhouse.com)

**Cracker Barrel Old Country Store:** 215 Colonnade Blvd., State College [www.crackerbarrel.com](http://www.crackerbarrel.com)

**Otto's Pub & Brewery:** 2235 N. Atherton Street, State College [www.ottospubandbrewery.com](http://www.ottospubandbrewery.com)

**Barrel 21 Distillery & Dining:** 2255 N. Atherton Street, State College [www.barrel21distillery.com](http://www.barrel21distillery.com)

**The Field Burger & Tap:** 1 Country Club Lane, State College [www.toftrees.com](http://www.toftrees.com)

**Applebees:** 12 Colonnade Way, State College [www.restaurants.applebees.com](http://www.restaurants.applebees.com)

**Red Lobster:** 1670 N. Atherton, State College [www.redlobster.com](http://www.redlobster.com)

**Champs Sports Grill:** 1611 N. Atherton Street, State College [www.champssportsgrill.net](http://www.champssportsgrill.net)

**Happy Valley Brewing Company:** 137 Elmwood Street, State College [www.happyvalleybeer.com](http://www.happyvalleybeer.com)

## Points of Interest

**Nittany Lion Shrine:** The Nittany Lion, sculpted from a large block of Indiana limestone by noted sculptor Heinz Warneke, was presented by the class of 1940. Located near the Recreation Building on the Penn State main campus, the Lion Shrine is one of the most popular places on campus & is said to be the most photographed site on campus.

<http://www.psu.edu/ur/about/nittanyshrine.html>

**The Berkey Creamery:** For over 150 years, the Creamery has been a landmark at Penn State. Some of the biggest names in ice cream making - including Ben & Jerry, Baskin-Robbins & Haagen-Dazs - have attended the Creamery's legendary ice cream short course, held for just 6 days a year, to learn how to craft the perfect ice cream. [Www.creamery.psu.edu](http://www.creamery.psu.edu)

**Penn State All Sports Museum:** Located in the southwest corner of Beaver Stadium, the Penn State All Sports Museum offers visitors a firsthand look at the athletic history, heritage & traditions of one of the greatest universities in the nation. Take a peak inside Beaver Stadium from the Mount Nittany Club & view the multiple exhibits throughout the two level, 10,000 sq ft facility.

[Www.gopsusports.com/museum](http://www.gopsusports.com/museum)

**Downtown State College:** Downtown State College is the premier business, cultural & entertainment destination in Centre County. Need retail therapy? The downtown shops feature an eclectic mix of both retail chains & independent local shops. Famished after a day of shopping? The downtown restaurant scene has something for everyone, from the casual diner to the cultured foodie.

# 2023 Xcel Regional Championships Admissions Prices

| <b>AGES</b>               | <b>1 Day</b> | <b>2 Day</b> | <b>Weekend</b> |
|---------------------------|--------------|--------------|----------------|
| Ages 5 & Under            | FREE         | FREE         | FREE           |
| Ages 6 & Up               | \$20.00      | \$30.00      | \$50.00        |
| Senior Citizens (over 65) | \$15.00      | \$25.00      | \$40.00        |

\*\*There will be no free admission or discounts given for USA Gymnastics registered athletes or coaches NOT participating in the 2023 Region 7 Xcel Regional Championships. Competitors of the 2023 Region 7 Xcel Regional Championships may attend other sessions without charge.\*\*