



**Plan to come and join our virtual  
Region 7 XCELEBRATION!**

**AUGUST 15TH 2020**  
**Price only \$50 per gym!**

## **COACHES**

Zoom in to...

- \*Spend an hour with the fabulous 'Doc Ali'
- \*Listen to experts share "non contact" drills
- \*Become a "Confident Coach at competitions"
- \*Learn about routines from a "Judges Lens"
- \*Hear from Brant Lutska on "Gym Re-Openings"
- \*Participate in a "Round Table" discussion ask any XCEL question!

## **ATHLETES**

Gather at your gym and zoom in to...

- \* Spend an hour with the fabulous 'Doc Ali'
- \* Get some great tips from Coach Betsy the nutritionist
- \* Let Brandi Smith "Increase your Power, improve your Jump Landing mechanisms and Decrease Injury Risk"
- \* Hear about the college NCATA and NAIGC programs
- \* Participate in a Team Building Region 7 contest!!

**Save the date! Registration: Details to follow**