

NC Xcel Training Camp Schedule
September 13-14, 2025
Unify Gymnastics

Saturday, Sept. 13

11:00 – 12:30 Lunch for staff & clinicians + “**Lunch & Learn**” for coaches coming to Session 1

Session 1 Bronze & Silver Gymnasts

1:00-1:30 PM Registration

1:30-1:50 Warm-ups

5:25-5:40 Rotate to floor area for
Cool down and closing

Sunday, Sept. 14

Session 2 Gold Gymnasts (20 min rotations)

8:00-8:30 AM Registration

8:30-8:50 Warm-ups

1:15-1:30 Rotate to floor area for
Cool down and closing

1:15-2:15 Lunch for staff & clinicians + “**Lunch & Learn**”

Session 3 Platinum, Diamond, Sapphire Gymnasts (20 min rotations)

2:00-2:30 PM Registration

2:30-2:50 Warm-ups

7:15-7:30 Rotate to floor area for
Cool down and closing