

## Take note!

### Parents

Thanks for all to the support of your daughter and the Xcel team at the Sail into Spring Meet! Please make sure you sign up to help at the Blizzard meet if able

### Gymnasts

Great job at Sail into Spring!  
*We are proud of you!*

If you are 12 or older you can also help at the blizzard meet during the time you are not competing.  
Just sign up ☺

### Practices Time

#### This Week (02/13)

##### Bronze

Tues. 6:30-8:30pm  
Thurs. 6:30-8:30pm

##### Silver

Mon. 5:30-8:30pm  
Wed. 5:30-8:30pm

##### Gold

Mon. 5:30-8:30pm  
Wed. 5:30-8:30pm  
Fri. 5:00-8:00

##### Platinum

Tues. 5:30-8:30pm  
Thurs. 5:30-8:30pm  
Fri. 5:30-7:30pm (optional)  
Sat. Meet day

#### Next Week (02/20)

##### Bronze

Tues. 6:30-8:30pm  
Thurs. 6:30-8:30

##### Silver

Mon. 5:30-8:30pm  
& Wed. 5:30-8:30pm

##### Gold

Mon. 5:30-8:30pm  
Wed. 5:30-8:30pm  
Fri. 5:00-7:00

##### Platinum

Tues. 5:30-8:30pm  
Thurs. 5:30-8:30pm  
Sat. Meet day

## Xcel 2016-2017 season

(Bronze, Silver, Gold, Platinum)

### 5. Sat. & Sun. Feb. 18<sup>th</sup> & 19<sup>th</sup>: Twisted Moose

LOCATION: Location: Colin Powell Center – 2924 4th Ave. S., Minneapolis, MN, 55408

Silver: – Saturday, Feb. 18<sup>th</sup> – Session 1 \*Warm up at 8:00am (8 teams)

Platinum: – Saturday, Feb. 18<sup>th</sup> – Session 7 \*Warm up at 6:45 pm (10 teams)

Bronze: – Sunday, Feb. 19<sup>th</sup> – Session 8 \*warm up at 8:00am (8 teams)

Gold: – Sunday, Feb. 19<sup>th</sup> – Session 10 \* Warm up at 10:30am (5 teams)

### 6. Feb. 25<sup>th</sup>-26<sup>th</sup>: Blizzard Invite at Bloomington Jefferson H.S. \*hosted by IGM

7. March 24<sup>th</sup>-26<sup>th</sup>: Xcel State Championships

8. April 21<sup>st</sup>-23<sup>rd</sup>: Xcel Region 4 Championships – Wisconsin Dells, WI



## Important Dates & Other News

Congratulations at the Sail into spring meet! (4th meet) \*Top 5 in their age category

Compete scores and placements can be found on <http://www.laketowngym.org/sailintospring>

**Bronze: \*1<sup>st</sup> place 112.100 \*Still an undefeated team!**

Emily B. 4<sup>th</sup> on bars. Reese G. 5<sup>th</sup> on Beam, 4<sup>th</sup> on floor, 5<sup>th</sup> AA.

Corinne H. 3<sup>rd</sup> on vault, 1<sup>st</sup> on bars, 3<sup>rd</sup> on floor & 2<sup>nd</sup> AA. Kina H. 1<sup>st</sup> on vault, 2<sup>nd</sup> on beam, 4<sup>th</sup> AA.

Addison K. 3<sup>rd</sup> on beam. Kaylee H. 2<sup>nd</sup> on bars, 4<sup>th</sup> on beam, 1<sup>st</sup> on floor, 2<sup>nd</sup> AA.

Kennedy M. 2<sup>nd</sup> on vault. Elise L. 1<sup>st</sup> on vault & bars, 2<sup>nd</sup> on beam, 3<sup>rd</sup> on floor, 1<sup>st</sup> AA.

Dakota L. 4<sup>th</sup> on vault, 3<sup>rd</sup> on bars, 1<sup>st</sup> on beam, 2<sup>nd</sup> on floor & 1<sup>st</sup> AA!

**Silver \*3<sup>rd</sup> place 111.350 \*New season high score!**

Anna Br. 1<sup>st</sup> on beam. Nora S. 2<sup>nd</sup> on vault

Camryn C. 5<sup>th</sup> on beam. Ella R. 1<sup>st</sup> on vault, bars, floor & AA, 2<sup>nd</sup> on beam.

Anna T. 2<sup>nd</sup> on bars, 4<sup>th</sup> on beam, 5<sup>th</sup> AA. Lizzie T. 5<sup>th</sup> on bars and beam!

**Gold: \*2<sup>nd</sup> place 111.100 \*team scoring in the 28's for both bars and floor "impressive!"**

Mikayla D. 2<sup>nd</sup> on floor. Naomi G. 2<sup>nd</sup> on vault & floor, 3<sup>rd</sup> on beam & 2<sup>nd</sup> AA. Alea K. 2<sup>nd</sup> on bars.

Brook S. 1<sup>st</sup> on vault, 5<sup>th</sup> on bars, 3<sup>rd</sup> on beam, & 2<sup>nd</sup> AA. Mari S. 2<sup>nd</sup> on vault, 1<sup>st</sup> on bars, beam, floor & AA

Monet V. 3<sup>rd</sup> on vault & bars. Abigail W. 4<sup>th</sup> on vault, 2<sup>nd</sup> on beam, 4<sup>th</sup> on floor & 3<sup>rd</sup> AA.

**Platinum: \*3<sup>rd</sup> place 108.8 \*took 1<sup>st</sup> on vault!**

Libby B. 2<sup>nd</sup> on beam, 5<sup>th</sup> on floor. Eva M. 2<sup>nd</sup> on vault & 4<sup>th</sup> on floor.

Jadyn K. 3<sup>rd</sup> on bars, 5<sup>th</sup> on beam, 1<sup>st</sup> on floor & 4<sup>th</sup> AA. Lily G. 5<sup>th</sup> on floor & 4<sup>th</sup> AA

Megan M. 4<sup>th</sup> on floor. Megan T. 5<sup>th</sup> on vault. Julia W. 2<sup>nd</sup> on vault & bars, 4<sup>th</sup> on beam & 2<sup>nd</sup> AA.

Cydney H 1<sup>st</sup> on vault & beam, 2<sup>nd</sup> on floor & 1<sup>st</sup> AA.

## Goal Cards & Practice this week

What are your goals? Besides practicing hard you also need to continue to eat and drink healthy! Eat good proteins, fruits and vegetables. Also remember water is the best beverages to keep you hydrated and good sleep is essential to having a good practices and meets.

Gold & Platinum: Coach Heather's cell number: 612-987-6074

Coach Brooke's cell number: 612-382-3547

Silver: Coach Shannon's cell number: 612-401-9918

Bronze: Coach Connie's cell number: 320-491-7623

More information about the Xcel program can be found at: [www.mnusag.com](http://www.mnusag.com)