

REGION IV USA GYMNASTICS

2025 XCEL

TRAINING CAMP



September 26-28
North Shore Gymnastics
Maple Plain, MN

2025 XCEL CAMP MASTER CLINICIANS INCLUDE:

James Letzring
Mini-Hops Gymnastics

Brian Ottenhoff
North Shore Gymnastics (MN)

Katie Vollrath
North Shore Academy of Gymnastics (WI)

Doug Byrnes
Hamline University

Lexi Ramler
University of Minnesota/R4 Alumni



GET A HEAD START ON THE 2025-2026 SEASON...

JOIN US FOR CAMP!

REGISTRATION:

Please use the USA Gymnastics Meet Reservation system (USA Gym Sanction info below) to register your athletes for each event. Following your reservation in the USA Gym system, you will be directed to the MeetMaker website to complete the registration process. All athletes must have a registered coach on site (with active USA Gym Membership) for the duration of camp.

R4 XCEL CAMP: Sept. 26-28 at North Shore Gymnastics in Maple Plain, MN.

Sanction #94417, Registration opens 8/15/25

Cost: \$225 (Includes R4 Leo)

Open to Athletes with Platinum-Diamond-Sapphire Competition Experience

Schedule:

- Fri. 4:00pm-8:15pm
- Sat. 8:30am-12:30pm; 1:30pm-5:15pm
- Sun. 8:30am-1:30pm

Refund Deadline: Full refund (*less cost of camp leo*) on/before 8/29/25;
50% refund (*less cost of camp leo*) on/before 9/12/25.

Registration will remain open until camps are filled.

Registration limited to active USA Gymnastics Members only.