

# 2018 Excel State Meet

USA Gymnastics

Lakewood Gymnastics, Inc.  
5325 Enterprise Drive  
Paducah, KY 42001

## Competition Schedule 4/7/18

Session One	All Xcel Bronze	8:00 am	Open Stretch
Session Two	Xcel Silver Jr. Age Groups	10:00 am	Open Stretch
Session Three	Xcel Silver Sr. Age Groups	12:15 pm	Open Stretch
Session Four	Xcel Gold Jr. Age Groups	2:00 pm	Open Stretch
Session Five	Xcel Gold Sr. Age Groups	4:45 pm	Open Stretch
Session Six	Xcel Diamond & Platinum	7:00 pm	Open Stretch

We have approximately 250 gymnasts competing, so please help me make this a great experience for your gymnasts and families by cooperating and helping each other during warm-ups, etc. I know you will!!

Please go over your Rosters and make sure everyone is entered correctly. I imported everyone from the USAG Reservation sight, so nothing was manually entered into the computer...it's the information that was submitted to the USAG.

Please make sure your gymnasts come to the proper session...having to split 87 Xcel Silvers and 97 Xcel Golds makes it a bit confusing.

**Open Stretch Room** - As your gymnasts enter Lakewood, they will see a small gym on the left, this is where we do Open Stretch and Awards. Sessions Two through Six athletes should go directly to this room for Open Stretch...Session One athletes, report to the main floor. During Open Stretch times, only athletes and coaches are allowed in the Open Stretch/awards room.

**Format** - Modified Capital Cup (warm-up/compete/repeat/repeat/repeat)

**Competitor Cards** - Place your athletes in the order you want, submit to the judge. Be sure to pick your cards back up after each event, please leave them at your last event. Please be ready with your cards in order at each event.

**Timed Warm-ups** - Please move as quickly as you can to your next event when rotation is called...we have two identical sets of bars and beams, please cooperate with each other and share...we will be timing each beam and each set of bars.

**Team Order** - On your rotation sheet, the first team listed competes first on the first event. That team drops to the bottom of the list on the next event, and so on.

**Hospitality Room** - As you enter through the back door, you will find the Coaches' and Judges' Hospitality Room...please help yourself to food and beverages anytime during the day. We ask that you do not take food or drinks (bottled water is okay) into the competition area. Please do not allow your parents in the Hospitality Room.

## 2018 Excel State Meet

Enclosed:      Your Team Roster  
                    Blank Score Sheets  
                    Session Times  
                    Regional Info

Coaches,

After agreeing to host the 2018 Excel State Meet, I have been asked by many to keep it to one day. This is do-able, but only with your cooperation and team work. I have worked hard to make things as easy as possible for everyone. Please read the following...(I can't guarantee there will be a Coaches' Meeting):

- Coaches (only) may use the **rear entrance** to Lakewood...this will take you right into the Hospitality Room, where you will find your **Team Packets** and the **Coaches' Sign In** Sheet. Come on in, and help yourself.

- Your **Team Packets** will have your competitor cards\* which have been organized by sessions. At each event, place them in your desired order for the judges, and pick them up from the judge after each event...but leave them at your last event. If you have one Coach leaving and another Coach arriving to take over, please make sure they leave the packet for the next Coach (it's happened before).

\*You may have your competitor cards after awards.

- If you have scratches, please write "SCRATCH" on their competitor card and give it to my staff at the scorer's table.

- Please have your MUSIC ready, and please be prepared to play your own music from your own device...we are prepared to accept mp3 and also have a CD player (if needed) connected to our house p.a. system.

- Please use both bars and both beams to warm-up and compete on...both sets are identical. You can compete on the set you warmed up on.

- If you have any questions prior to the meet, please call or text me at 270 705 0594!

## 2018 Excel State Meet Competition Rotations

### Session 1                      All Xcel Bronze                      8:00 a.m. Open Stretch

Vault RCT (12)	Bars Champion (13)*	Beam KGA (7) Power (7)	Floor Champion (7)* Top Flight (5)
-------------------	------------------------	------------------------------	--

\*Champion - you choose which gymnasts go in each group.

### Session 2                      Xcel Silver Junior Age Groups                      10:00 a.m. Open Stretch

Vault Becca's (1) Champion (3) Excel (4) KGA (2)	Bars Lakewood (5) K.C.'s (1) RCT (4)	Beam Top Flight (12)	Floor Legacy (9)
--	---	-------------------------	---------------------

### Session 3                      Xcel Silver Senior Age Groups                      12:15 p.m. Open Stretch

Vault Topflight (7)* Lakewood (4)	Bars RCT (1) Legacy (5) K.C.'s (2) Becca's (3)	Beam KGA (11)	Floor Topflight (7)* Champion (4)
---	--	------------------	---

\*Topflight - you choose which gymnasts go in each group.

### Session 4                      Xcel Gold Junior Age Groups                      2:00 p.m. Open Stretch

Vault Topflight (9) Agility (3)	Bars P.A. (9) Legacy (2)	Beam Lakewood (4) KGA (2) Excel (2) Champion (4)	Floor RCT (7) SSA (6)
---------------------------------------	--------------------------------	--	-----------------------------

### Session 5                      Xcel Gold Senior Age Groups                      4:45 p.m. Open Stretch

Vault Becca's (4) Lakewood (2) SSA (2) P.A. (4)	Bars Excel (3) RCT (5) Top Flight (4)	Beam Legacy (13)	Floor Agility (6) KGA (6)
---	--	---------------------	---------------------------------

### Session 6                      Xcel Diamond and Platinum                      7:00 p.m. Open Stretch

Vault Top Flight (4)	Bars Top Flight (4)	Beam Champion (5)	Floor Agility (1) KGA (3)
-------------------------	------------------------	----------------------	---------------------------------

Num	Name	Level	Age Grp	Vault	Bars	Beam	Floor	A.A.
<b><i>Champion Gymnastics/All About Kids</i></b> ,								
102	Samantha Aguilar	XB	11 yrs.					
105	Damara Binford	XB	11 yrs.					
106	Claire Collins	XB	9 yrs.					
107	Addison Colvin	XB	11 yrs.					
108	Abigail Crowe	XB	8 yrs.					
110	Adeline Hill	XB	9 yrs.					
111	Alexis Karnes	XB	6/7 yrs					
112	Samantha Martin	XB	12 + yrs					
113	Haley McLennan	XB	10 yrs.					
114	Addie Miller	XB	9 yrs.					
115	Isabella Miller	XB	9 yrs.					
117	Emma Morton	XB	10 yrs.					
118	Lily Murphy	XB	6/7 yrs					
119	Emily Oberholtzer	XB	9 yrs.					
120	Stephanie Ochoa	XB	12 + yrs					
121	Ava Patton	XB	12 + yrs					
123	Emma Richie	XB	12 + yrs					
128	Kaitlyn Sibley	XB	11 yrs.					
130	Camila Solano	XB	12 + yrs					
135	Dakota Wilson	XB	6/7 yrs					
<b><i>Kentucky Gymnastics Academy</i></b> ,								
155	Elana Aldridge	XB	11 yrs.					
158	Symone Claiborne	XB	11 yrs.					
161	Katherine Determann	XB	12 + yrs					
172	Ella Kappesser	XB	10 yrs.					
180	Hannah Svensson	XB	12 + yrs					
182	Pranavi Veeramachaneni	XB	12 + yrs					
184	Mattie Wilson	XB	12 + yrs					
<b><i>Power and Grace Gymnastics</i></b> ,								
346	Sydney Diggs	XB	8 yrs.					
347	Eloise Etherton	XB	10 yrs.					
348	Juliet Gilbert	XB	8 yrs.					
349	Searcy Lotz	XB	11 yrs.					
350	Laney Lockett	XB	9 yrs.					
351	Kathleen Reisert	XB	11 yrs.					
352	Bethany Ward	XB	10 yrs.					

Num	Name	Level	Age Grp	Vault	Bars	Beam	Floor	A.A.
<b>Becca's Place</b> ,								
287	Sara- Kate Barnes	XS	Jr D					
<b>Champion Gymnastics/All About Kids</b> ,								
126	Gracie Rospierski	XS	Jr B					
129	Carsyn Simanek	XS	Jr C					
136	Sofia Zelko	XS	Jr B					
<b>Excel Gymnastics</b> ,								
268	Mikayla Horn	XS	Jr C					
270	Allee McCandless	XS	Jr A					
272	Kailey Posegate	XS	Jr A					
274	Addison Simpson	XS	Jr D					
<b>K.C.'s Gymnastics Club</b> ,								
154	Kylie Landversicht	XS	Jr B					
<b>Kentucky Gymnastics Academy</b> ,								
163	Ava Eid	XS	Jr D					
173	Payton Kelly	XS	Jr D					
<b>Lakewood Gymnastics Paducah, KY</b>								
137	Blaire Champion	XS	Jr D					
139	Bailey Faulkner	XS	Jr B					
140	Gabriella Gorline	XS	Jr A					
150	Riley Winstead	XS	Jr C					
151	Madilyn Wyatt	XS	Jr D					
<b>Legacy Gymnastics</b> ,								
310	Kiley Arvin	XS	Jr B					
311	Maggie Barnes	XS	Jr D					
314	Miller Duncan	XS	Jr A					
319	Alex Hancock	XS	Jr C					
322	Rivers Jones	XS	Jr C					
330	Molly Noffsinger	XS	Jr D					
331	Marley Seay	XS	Jr D					
333	Ava Soper	XS	Jr B					
334	Reagan Stewart	XS	Jr C					
<b>River City Turners</b> ,								
238	Addison Braden	XS	Jr B					
246	Ra'Nya Handley	XS	Jr A					
251	Kyleigh Mills	XS	Jr C					

Num	Name	Level	Age Grp	Vault	Bars	Beam	Floor	A.A.
<b>Becca's Place</b> ,								
289	Morgan Dyer	XS	Sr B					
292	Lily Schultz	XS	Sr B					
293	Hannah Woosley	XS	Sr D					
<b>Champion Gymnastics/All About Kids</b> ,								
103	Claire Baldwin	XS	Sr B					
122	Shelby Ramser	XS	Sr C					
132	Kaitlyn Squyres	XS	Sr D					
133	Kathryn Squyres	XS	Sr D					
<b>K.C.'s Gymnastics Club</b> ,								
152	Hannah Edgington	XS	Sr B					
153	Natalie Goens	XS	Sr B					
<b>Kentucky Gymnastics Academy</b> ,								
156	Paige Andres	XS	Sr C					
157	Morgan Childers	XS	Sr D					
159	June Cabbage-Troop	XS	Sr A					
160	Alexandra Darbyshire	XS	Sr B					
162	Marleigh Durrett	XS	Sr A					
164	Alli Finewood	XS	Sr A					
166	Lucy Frederick	XS	Sr C					
170	Sasha Haunz	XS	Sr D					
175	Anabel Magers	XS	Sr D					
177	Kimberly Murphy	XS	Sr D					
183	Megan Veldman	XS	Sr D					
<b>Lakewood Gymnastics Paducah, KY</b>								
143	Lola Holder	XS	Sr A					
145	Jocelyn Kerr	XS	Sr A					
148	Katie Truitt	XS	Sr A					
149	Natalie Truitt	XS	Sr A					
<b>Legacy Gymnastics</b> ,								
312	Megan Basham	XS	Sr B					
316	Laura Graham	XS	Sr C					
325	Anna Mcaliley	XS	Sr C					
328	Lillian Milum	XS	Sr C					
353	Jessica Mukhopadhyay	XS	Sr B					

Num	Name	Level	Age Grp	Vault	Bars	Beam	Floor	A.A.
<b>Agility Gymnastics Academy</b> ,								
277	Emery Cottingham	XG	Jr C					
278	Lucy Bleu Francis	XG	Jr D					
281	Alyssa Kemper	XG	Jr A					
<b>Champion Gymnastics/All About Kids</b> ,								
101	Mattie Abner	XG	Jr A					
116	Hannah Morrison	XG	Jr B					
125	Aubrey Roberts	XG	Jr C					
127	Alexis Seward	XG	Jr D					
<b>Excel Gymnastics</b> ,								
266	Kendyl Congleton	XG	Jr C					
275	Alexandria Wilcox	XG	Jr B					
<b>Kentucky Gymnastics Academy</b> ,								
165	Sammy Finewood	XG	Jr C					
178	Maddi Reed	XG	Jr C					
<b>Lakewood Gymnastics Paducah, KY</b>								
138	Olivia Deweese	XG	Jr B					
141	Elisabeth Hall	XG	Jr B					
144	Isabelle Jeffords	XG	Jr B					
147	Ali Southard	XG	Jr D					
<b>Legacy Gymnastics</b> ,								
321	Abigail Hiens	XG	Jr C					
337	Tessa Ward	XG	Jr C					
<b>Premier Athletics</b> ,								
294	Briann Carpenter	XG	Jr A					
298	Bailey Howard	XG	Jr A					
299	Katie Beth Hurt	XG	Jr C					
301	Markell Mattingly	XG	Jr A					
302	Izabella Robinette	XG	Jr A					
303	Emma Scott	XG	Jr A					
304	Isabella Spillman	XG	Jr A					
305	Cara Springate	XG	Jr B					
306	Carrington Tolbert	XG	Jr C					
<b>River City Turners</b> ,								
237	Emma Bartley	XG	Jr D					
240	Sadie Bunch	XG	Jr C					