

Xcel Pep Rally

Location: Harford Gymnastics

Saturday, December 17th

3:45pm – 5:45pm

**ALL Xcel Gymnasts attend the Pep Rally from
3:45-5:45pm**

What to wear: Competition Leotards with briefs. No Shorts or pants overtop. Warmup pants are not required for the Pep Rally. Meet Ready hair tied back neatly in a single bun that will not get in the way of backwards rolls on floor.

What to bring: WATER in a bottle that will not spill. Any Chalk, Grips, Tape, Etc that they may need. Meet Backpack. Extra hair Ties.

Pickup and Drop off will run as usual. Please do not arrive more than 5 minutes early for drop off or pickup.

Parents do NOT come into the gym to observe this event. We run the Pep Rally without spectators to limit the pressure the gymnasts feel as they prepare for their meet season with this high energy exciting first practice competition!