



2018 NORTH CAROLINA XCEL BRONZE & SILVER STATE CHAMPIONSHIPS

Coaches' Guide

Welcome to the NC Xcel Bronze and Silver State Championships hosted by Central Carolina Gymnastics! Please take a moment to read over this Coaches Packet to ensure you have all information you may need. You will receive your complete packet when you arrive at the event, which will contain all of the information and details pertaining to the event. If you have any additional questions or concerns, please contact the Meet Director, Portia Propst. We look forward to a wonderful 2018 NC Xcel Bronze and Silver State Championships and hope you enjoy the event as well as the Winston Salem area while you are here!

Venue Location and Information

- The event will be held in the **Education Building – Winston Salem Fairgrounds**
 - 414 Deacon Blvd (**Gate 4**) Winston Salem, NC 27105
- Your USAG Membership Card OR the coaching credentials you will receive at the meet will serve as your parking pass as well as your admission through the back door of the venue

Host Hotels – Visit the meet website for links to hotel reservation.

SPRINGHILL SUITES

Winston-Salem Hanes Mall
1015 Marriott Crossing Way
Winston-Salem, NC 27103

\$119.00 per night

336-765-0190

Complimentary Breakfast and Wi-Fi

FAIRFIELD INN AND SUITES/DOWNTOWN

125 S. Main Street
Winston-Salem, NC 27101

\$ 124.00 per night

336-714-2800

Complimentary Breakfast and Wi-Fi

HAMPTON INN

Winston-Salem I-40/Hanes Mall
1990 Hampton Inn Court
Winston-Salem, NC 27103

\$ 99.00 per night

336-760-1660

Complimentary Breakfast and Wi-Fi

Competition Information

- Meet Director:
 - Portia Propst
 - Centralcarolinagymnastics@yahoo.com
 - 336-248-2555
- Format: Capital Cup

Coaches' Check-In

- Upon arrival, all coaches are to proceed to the head table to verify USAG Membership, receive your coaching credentials, and sign the sanction. All coaches must have current USAG status and present USAG card. All coaches must wear their event credentials always, especially while on the competition floor.
- Coaches Meetings will be held before competition begins to go over any last-minute information and address any questions or concerns. Please arrive promptly to coaches' meetings so we can keep the event running smoothly.

Food Accommodations

- The event venue (Thunderbirds Food and Beverage) is responsible for all food and beverages provided.
- There will be coaches' hospitality available throughout the duration of the event.

Code of Ethics and Dress Code

- The USA Gymnastics Code of Ethics and Dress are in effect for each athlete, coach, and official. To review the USAG Code of Ethics, please visit:
http://usa-gymnastics.org/pages/aboutus/pages/code_of_ethics.html

Winston Salem Area Information

- Please visit the Winston Salem Visitor's Bureau website for information about local attractions:
<http://visitwinstonsalem.com>