

Xcel 2022-2023

	Training Break
	Holiday No Training
	Regular Training Schedule
	Competition
	Testing
	Special Event or alternative training schedule
	Mock Meet

Jul-22							Aug-22							Sept 2022						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
					1	2		1	2	3	4	5	6					1	2	3
3	4	5	6	7	8	9	7	8	9	10	11	12	13	4	5	6	7	8	9	10
10	11	12	13	14	15	16	14	15	16	17	18	19	20	11	12	13	14	15	16	17
17	18	19	20	21	22	23	21	22	23	24	25	26	27	18	19	20	21	22	23	24
24	25	26	27	28	29	30	28	29	30	31				25	26	27	28	29	30	
Oct-22							Nov-22							Dec-22						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
						1			1	2	3	4	5					1	2	3
2	3	4	5	6	7	8	6	7	8	9	10	11	12	4	5	6	7	8	9	10
9	10	11	12	13	14	15	13	14	15	16	17	18	19	11	12	13	14	15	16	17
16	17	18	19	20	21	22	20	21	22	23	24	25	26	18	19	20	21	22	23	24
23	24	25	26	27	28	29	27	28	29	30				25	26	27	28	29	30	31
30	31																			
Jan-23							Feb-23							Mar-23						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6	7				1	8	3	4				1	2	3	4
8	9	10	11	12	13	14	5	6	7	8	9	10	11	5	6	7	8	9	10	11
15	16	17	18	19	20	21	12	13	14	15	16	17	18	12	13	14	15	16	17	18
22	23	24	25	26	27	28	19	20	21	22	23	24	25	19	20	21	22	23	24	25
29	30	31					26	27	28					26	27	28	29	30	31	
Apr-23							May-23							Jun-23						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
						1		1	2	3	4	5	6					1	2	3
2	3	4	5	6	7	8	7	8	9	10	11	12	13	4	5	6	7	8	9	10
9	10	11	12	13	14	15	14	15	16	17	18	19	20	11	12	13	14	15	16	17
16	17	18	19	20	21	22	21	22	23	24	25	26	27	18	19	20	21	22	23	24
23	24	25	26	27	28	29	28	29	30	31				25	26	27	28	29	30	
30																				

Events and Facility Schedule		
Fall Schedule Begins	September 6th	All Groups

Welcome Back BBQ 5:00-7:00	September 23rd	All Groups
Track suit sizing	October 2nd	All Groups
Thanksgiving Weekend	October 10th, 2022	All Groups
Physical Abilities Testing	Nov 1-7 (coach to determine)	All groups
Christmas Party	Dec 23rd 5:00-7:30	All Groups
Winter Holiday	December 24th -26th, 2022	All Groups
New Year's Day	January 1st, 2023	All Groups
Mock Meet	Feb 4th	All Groups
Competition- Nepean Corona School of Gymnastics "Flipping Through the Decades	Feb 19	All registered participants
Family Day	February 20th	All Groups
Alternate training times TBD	March 6-8	All Groups on Mon/Tue/Wed
Competition-OGC Spring Meltdown	March 12 (Schedule coming soon)	All registered participants
Good Friday	April 7th	All Groups
Victoria Day	May 22nd, 2023	All Groups
Competition-Whitby Gymnastics Spring Voyage Invitational	May 26-28 schedule TBD	All registered participants
Physical Abilities Testing	June 4-10 (coach to determine)	All groups