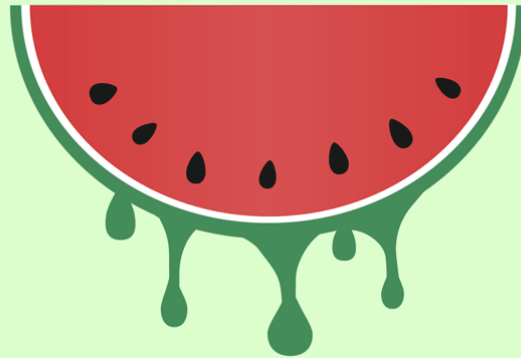


HELLO SUMMER



COOL OFF WITH A REFRESHING DRINK



The **Watermelon Lime Slushie** is as beautiful as it is refreshing. Fresh basil is the secret ingredient: We steep it in a simple syrup (equal parts sugar and water), then remove it before blending the slushie, so it adds a subtle herbaceous note..



Ingredients

- 2 pounds cubed watermelon
- 1/2 cup sugar
- 1 large bunch basil, stems and leaves roughly chopped (about 2 cups), plus 4 whole leaves for garnish
- Juice of 3 lemons (about 1/2 cup)

Visit **NC USA
Gymnastics**
website link at
bottom of page

Connect with us





Cooler Now? The rest of the hot summer has plenty to keep you busy with lots of gymnastics activities, information and important updates that we'll all need for the upcoming season. Keep on reading.

National Committee Minutes for DP, TECH, XCEL and Administrative meetings are now available at the National USA Gymnastics web site. Click [HERE](#) for the link. Consider reading all the minutes carefully 'cause there are a good number of changes.

CHECK OUT A FEW HIGHLIGHTS!

- The **age** for an athlete with previous competitive experience in any system including XCEL to petition into level 7 or below has been changed to 12 years old (from 14 years old).
- Inflatable rebounding device cannot be used for **mounting** purposes.
- **Timing of falls: Vault** - once athlete is on her feet, she has 45 seconds before judge will salute for 2nd vault **Bar and Beam** fall time does not start until athlete is on her feet.
- **Level 7 Vault** - No deduction for TSUK or RO entry vaults that do not land on their feet - Void if front handspring does not land on feet.
- Bluetooth/internet is not allowed for **Music** at competitions.
- Floor - change in definition of **ACRO PASS** - the word acro "series" will be replaced with acro "pass" throughout floor section.
- **Shorts** will be allowed for DP/XCEL competitions. Shorts must be solid black Lycra with no embellishments. Shorts must be worn over leotard and be above knee or shorter.

There's more, so be sure to check out all the minutes carefully.

Second time to click [HERE](#) for the link to the Minutes.

JUDGES UPDATE

Compulsory Test will be available **online** on Aug. 1st. Can you believe it?
Watch for instructions in July.

Membership Renewal

This is your reminder to renew all memberships by August 1st and check all

your expiration dates. It'd be best to renew early if you need to take a course or have background check. Click [HERE](#) for a handy table to keep you straight about who needs what.

REGION 8 CONGRESS

Region 8 Congress will be in New Orleans on the weekend of July 15-18, 2021. A special session has been added at the end of Congress for learning or reviewing the new compulsories. This is beyond all the other great educational lectures and demonstrations.

Click [HERE](#) to get registration information.

NC USA GYMNASTICS 2021-2023 STATE COMMITTEE

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NC USA GYMNASTICS STATE MEET DATES 2022

March 18-20 Level 2-5 Hosted by Central Carolina, Salisbury

March 25-27 Level 6-10 Hosted by RSG, Raleigh

April 1-3 Xcel States Div TBD Hosted by New Bern Gymnastics

April 8-10 Xcel States Div TBD Hosted by Roses, Greenville

2021 NC USA GYMNASTICS PROGRAM OF THE YEAR

Sonshine Gymnastics - Holly Springs

and

Everest Gymnastics - Huntersville

2021 NC USA GYMNASTICS CLUBS OF THE YEAR

Level 2 - Sonshine Gymnastics

Level 3 - Everest Gymnastics

Level 4 - Everest Gymnastics

Level 5 - Morgan's Gymnastics

Level 6 - Bull City Gymnastics

Level 7 - Southeastern Gymnastics

Level 8 - Perfect Balance Gymnastics

Level 9 - Southeastern Gymnastics

Xcel Bronze - Flip Force Gymnastics

Xcel Silver - Flip Force Gymnastics
Xcel Gold - Yadkin Valley Gymnastics
Xcel Platinum - Everest Gymnastics
Xcel Diamond - Team Attraction Gymnastics

Karen Pleasants SACC

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