



October Announcements

There will be no practice on Wednesday, October 31st – instead join us for our annual Halloween Open Gym from 4:00-5:30, or enjoy the evening off!

The annual Ghost & Goblins meet is coming up October 27th – 28th (session info will be sent out via email as soon as we receive it). Every year there is a costume contest – each level should come up with a group costume idea - parents are in charge of providing, putting together, and getting costumes to the meet. If you have any questions or need help with ideas, feel free to reach out to Coach Courtney.

Piper Preview Highlights

Ava S., Level 3 – 8th on Vault (8.9), 5th on Beam (9.0), 8th in A.A. (35.55)

Ella Z., Level 4 – 4th on Vault (8.65)

Casey B., Level 4 – 6th on Vault (7.875), 9th on Bars (6.675), 8th on Floor (8.25)

Dakota D., Level 4 – 4th on Bars (8.55), Tied 8th on Beam (7.95), Tied 7th on Floor (8.775), 5th in A.A. (33.075)

Aubrey M., Level 4 – 7th on Vault (8.0), 2nd on Bars (8.7)

Karina K., Level 5 – 4th on Beam (8.5), 8th on Floor (8.55), 9th in A.A. (32.2)

Kendall D., Level 5 – 4th on Bars (8.275)

Julia A., Level 5 – 4th on Bars (8.25), 6th on Beam (7.85), 4th on Floor (8.675), 7th in A.A. (32.625)

Team Level 3 – 6th (101.225)

Team Level 4 – 7th (97.4)

Team Level 5 – 7th (96.1)



Xcel Silvers
Harvest Invite
(Mobility Meet)

Saturday, October 20th

North St. Paul High School
2416 East 11th Avenue
St. Paul, MN 55109

Open Stretch – 8:00 AM

We will run practice on Thursday, October 18th as a Mock Meet. All Silvers should be at this practice!



Saturday, October 6th
Level Three
11:00 AM Open Stretch

Sunday, October 7th
Level Five
8:00 AM Open Stretch

Level Four
11:00 AM Open Stretch

Oneka Elementary • 4888 Heritage Pkwy • Hugo, MN 55038