

XCEL HUGS EXHIBITION



SUNDAY JANUARY 22nd 2023

Venue: The Sports Edge
8457 Western Way, Jacksonville, FL 32256

Registrations and Entry Fees Due or postmarked by
December 1, 2022
Online Registration through KSIS
Fees payable through Zelle to firstcoastrhythmic@gmail.com
or one team check sent to
First Coast Rhythmic
5443 Wilmin Way,
Jacksonville, FL 32207

Entry Fees

\$25 per individual XCEL routine (3max)
\$20 per HUGS individual routine

Group XCEL \$20 per person, per routine
Group HUGS-\$15 per person, per routine

Exhibition performance option free to meet participants as time allows



FIRSTCOASTRHYTHMIC@GMAIL.COM

M. SMART 904-660-1673

Jacksonville, FL. USA

Spectator Information

Admission \$5.00 CASH
children under 5 free

Lodging and food

There are numerous hotels
of various price ranges in
the area.

On Baymeadows Road you
will find drive thru fast
food, Chain restaurants and
local or family owed
diners. Grocery stores are
also on Baymeadows.

Nearby

20-30 minutes to the
Beaches or St. Augustine



Coach Information

Venue

Sports Edge is a recently built indoor volleyball facility. There are plenty of bathrooms, a concession area and bleacher seating.

The ceiling height is approximately 28 feet.

Music

- may be sent via email to firstcoastrhythmic@gmail.com
- send a link to your shared online music folder
- uploaded through ksis
- or bring your music on a device that can play using an aux cord. Coaches will be responsible for playing music from personal device.

Emailed or uploaded music is due January 7th, 2023

Forms

Email or upload completed score forms or bring 2 copies of each routine. Emailed or uploaded forms are due January 14th, 2023.

Awards and Performances

Awards will follow each session. There will be time before each awards presentation to showcase your team. Participating clubs are welcome to perform a Gala or Exhibition routine. Please send an email with the performer's names and the length of the routine by December 14th.

#Performers	Max time
1-2	90 seconds
3-6	2 minutes 30 seconds
7-10	3 minutes
10+	3 minutes 30 seconds

MOXIE CUP PRINT AND MAIL OR EMAIL REGISTRATION

Club/Team name: _____

Head coach/Contact Name: _____

Contact email: _____







Contact phone number: _____

Head coach/contact USA gym membership number: _____

Expiration: _____

Other coaches USA gym membership number and Expiration: _____

Participants:

Full Name (First Last)	USA GYM number	Level							Group FX	Group App	Fees

Total = \$ _____

payment Zelle firstcoastrhythmic@gmail.com
or check made to First Coast Rhythmic
mail to 5443 Wilmin Way, Jacksonville, FL 32207

Paid