

# **Gym tiME (GT) Gymnastics XCEL Team Packet**

## **GT Competitive Program Goals:**

1. To provide the opportunity for each gymnast to reach their full potential.
2. To sustain a training environment that develops personal motivation, work ethic, self-discipline, teamwork and good sportsmanship.
3. To provide a training facility that focuses on safety, proper progressions of skills and is nurturing toward each child's individual training/coaching needs.
4. To emphasize the importance of character development along with athletic training.
5. To provide high quality gymnastics instruction that enforces high expectations through positive reinforcement and motivation.
6. To re-enforce a team first attitude and develop healthy competitive attitudes and goals.

## **Following are several guidelines that must be met before an athlete can compete, per USAG**

1. Gymnasts must be able to perform routines on all four events meeting the requirements of amplitude and execution set forth by USAG. (Body positions, degree requirements of leaps, casting and arm positions, etc.)
2. Gymnasts must demonstrate maturity in practices and mock meet situations, which are consistent with the expectations of meet etiquette.
3. Gymnasts must demonstrate consistency with their routines.
4. Gymnasts must meet the minimum age requirement for competition.
5. Gymnasts must have all USAG paperwork turned in and have been assigned an athlete number for that competitive season.

# GT XCEL Program Philosophy:

XCEL the gym tiME way! Xcel is a nationwide program offered by USA Gymnastics. It is a wonderful program designed for the gymnast that loves the sport of gymnastics but may not want to commit a large amount of time or money in order to experience competition. USA Gymnastics has not regulated how gyms choose to use their XCEL programs so gyms have the freedom to implement the XCEL program and use it within their gym in a way that best suits them. Some gyms use it as a PREP program with the hopes of making the leap from XCEL to JO and requires 12 to 20 practices hours a week depending on the Division. Other gyms use it as an alternative for ex JO gymnasts to slow down and spend less time in the gym but still compete at a lower level despite the history of training hours as a JO gymnast. And similar to gym tiME there are few select gyms that solely offer XCEL as their only form of competition. As you can imagine this makes a great deal of difference when it comes time to compete.

Gymnastics is a sport of perfection. Every toe flexed, every knee bent or extra seconds a hand may touch the vault may determine between a 9.0 or 6.9. Hours in the gym are directly correlated to the success of a gymnast not only for skill progression but for body refinement as well. Imagine what a coach can do with a gymnast who practices 15 hours a week verses a gymnast who practices only 4. This is not stated to use as an excuse yet to draw understanding that not always are we competing on an even playing field. The GT Coaches are well aware of this and encourage our gymnasts to understand the differences as well. Individual growth is our focus and is encouraged as well as celebrated.

It has been said that in order to compete we need to put more hours in and or step up our training. However, here at gym tiME I believe we offer something different and that difference is what sets us apart from other programs. Our gymnasts sometimes come to us new to the sport of gymnastics and are intimidated by the extreme competitiveness of bigger gyms. Some gymnasts come to us that had competed at larger gyms and are looking for more of an enjoyable atmosphere whether less hours required or more of a positive "team" mentality. And other gymnasts come to us out of pure love of the sport yet they have interests in other sports and/or related arts. Less mandated practice hours may affect their ability to refine skills but does allow for them to experience many things they may enjoy outside of gymnastics.

**Do we have hard working gymnasts, YES! Do we have gymnasts who succeed, YES! Do our gymnasts enjoy the sport of gymnastics, YES! Do our gymnasts look forward to attending practice, YES! Do our gymnasts progress within the sport of gymnastics, YES! Do our gymnasts learn the importance of what it means to be a part of a team, YES!**

**If I as an owner can answer YES to those questions then what WE are doing here at gym tiME WORKS FOR ME!**

# GT XCEL PROGRAM OVERVIEW

Our Xcel team is for girls who love gymnastics and want to compete, but are not interested in/unable to make the commitment a USAG JO program.

The competition season is scheduled to start the beginning of November. In the 2013-2014 season USA Gymnastics set national standards for XCEL. This means no matter where we take the girls to compete the rules are exactly the same in each state and the routines will be judged exactly the same from experienced, qualified judges. This will also help in the gym because our coaching staff will be able to attend trainings hosted by USA Gymnastics to learn new drills and progressions!

XCEL is separated into Divisions, not Levels. The divisions are Bronze, Silver, Gold, Platinum, and Diamond. The competitive season starts in November and runs through March/April. Everyone moves up to their new divisions in June and works with other girls at their same skill level throughout the summer. Summers are spent working on new skills and combinations. Starting in August/September routines start coming together and the girls are sized for their competitive attire for the upcoming season! Girls in the XCEL Program will have the opportunity to compete in 5 meets.

XCEL Bronze is similar to JO Level 2. Practices are twice a week for 2 hours each day. All athletes will be required to attend all practices in a leotard and hair pulled back. At gym tiME we consider Bronze a “compulsory” level. Gym tiME will have a Bronze routine for Bars, Beam, and Floor and pick the most developmentally appropriate vault for the group. Once USAG hands down their rules each year we will choreograph appropriate routines and post then on the gym’s XCEL Facebook page. The flexibility of the XCEL program will allow us to change specific skills as needed to help highlight athlete’s strengths or help to over-come fears or mental blocks!

XCEL Silver is similar to a JO Level 3. Practices are twice a week for 2.5 hours each day. All athletes will be required to attend all practices in a leotard and hair pulled back. At gym tiME we consider Silver a “compulsory” level. Gym tiME will have a Silver routine for Bars, Beam, and Floor and pick the most developmentally appropriate vault for the group. Once USAG hands down their rules each year we will choreograph appropriate routines and post then on the gym’s XCEL Facebook page. The flexibility of the XCEL program will allow us to change specific skills as needed to help highlight athlete’s strengths or help to over-come fears or mental blocks!

XCEL Gold is similar to a JO Level 4 & 5. Practices are twice a week for 3 hours each day. All athletes will be required to attend all practices in a leotard and hair pulled back. At gym tiME we consider Gold a “compulsory” level. Gym tiME will have a Gold routine for Bars, Beam, and Floor and pick the most developmentally appropriate vault for the group. Once USAG hands down their rules each year we will choreograph appropriate routines and post then on the gym’s XCEL Facebook page. The flexibility of the XCEL program will allow us to change specific skills as needed to help highlight athlete’s strengths or help to over-come fears or mental blocks!

XCEL Platinum is similar to a JO Level 6 & 7. Practices are three a week for 3 hours each day. All athletes will be required to attend all practices in a leotard and hair pulled back. At gym tiME we consider Platinum a “compulsory” level. Gym tiME will have a Platinum routine for Bars, Beam, and Floor and pick the most developmentally appropriate vault for the group. Once USAG hands down their rules each year we will choreograph appropriate routines and post then on the gym’s XCEL Facebook page. The flexibility of the XCEL program will allow us to change specific skills as needed to help highlight athlete’s strengths or help to over-come fears or mental blocks!

# GT Gymnastics XCEL Agreement

It is time to decide if you want to commit to another year of Xcel gymnastics. Please complete this form to let us know your decision. If there are circumstances that you feel can't wait to be discussed prior to completing this form, please feel free to email Meghan, but read through it first. **The response is due no later than \_\_\_\_\_ as well as the non-refundable \$25 Registration fee. The \$20 non-refundable USAG fee is due August 1st. (Must be paid by Cash or Check)**

We have developed our Xcel program as a respected team and not just a competing recreation program. If someone leaves during the season, it is very difficult to re-fill the position and to maintain a quality competing team. Also, we may have turned away gymnasts who would like to have join our program but can't because our current gymnasts typically take up all the spots allotted.

Please consider very carefully whether you can commit to the program for the year. If an Xcel gymnast does not have good attendance records and or good work ethic it factors into their ability to gain skills and do well at meets, which in turn can make a gymnast not feel as successful as they want to be. Xcel is not meant to be a social event and those who turn it this way are disruptive to others who want to work and be successful. Just because it is Xcel, and not JO, doesn't change the difficulty of the sport and the requirement to do it safely. In order to move up a level gymnasts must have a solid attendance record, strength and flexibility and the skills required for that level. We will not guarantee any move ups prior to commitment, but will look at all of the factors at the end of competition season and make decisions then.

Again all XCEL Commitment responses are due by \_\_\_\_\_. Spots will be opened up for new gymnasts on our wait list the following week if any are available.

All Team Practice Requirements are posted in the Agreement; please view prior to signing. Final summer schedule will be posted by May 1st. We will not know fall schedule until we have all forms returned and any new team members finalized.

The Xcel document is outlined below. Please review in its entirety prior to making the commitment. The last question of this survey is the one that agrees to return to the program for next year. Being part of the Xcel team requires that you and your daughter can fully support our policies and the program philosophy, as we believe it is important to the success of the gymnast and the positive atmosphere we try to maintain. Please read the entire document below.

## GT XCEL TEAM Commitment and Policies

**Tuition and Competition Fees:** are due on the 1st of each month. If tuition and or Competition fees are not received by 12:00 noon on the 5th you have a choice of placing your credit card in the system and agreeing to automatic charge, or without the back up of a credit card; will be charged a \$15 late fee. As always, if someone has a financial situation that requires a late payment from time to time (once or twice in the year), we can work with that, but must have the communication before the 1st of the month.

If you are not attending a meet for some reason that does not mean that you can skip a competition payment without notification. We have to register a minimum of 2 months prior to scheduled meets. You will not be charged if we are notified prior to registration being sent out.

**Competition Accounts:** (Cash or Check)

These accounts are used to collect money for meets. Meet fees and coaching fees are deducted from the accounts. The price chart you opt to set up is paid in to the account each month and goes towards those fees. Going to every meet can mean approx.. \$500 per year in meet fees.

**Coaches Fee Due Date:** (Cash or Check)

By September 1st, the coaching fee of \$75 (5 meets) is due (The pre-paid coaching fee will help fund deposits to hold spots for meets until meets are actually paid for and then used to pay coaches. Coach's fee will be done as a lump sum. Everyone pays the total of coaching fees regardless of attendance at the meets. We have to pay coaches even if 1 or 2 girls are missing and the amount does not change.)

This is what we use to offset meet charges that will be charged to your account as they are paid by us. Coaches and Competition fees money CAN NOT be paid by credit card. Those fees are in and out for us and if you pay by credit card, it is an extra expense to gym time. (If you really feel strongly about paying competitive fees by credit card, then there will be an additional fee to cover costs. Just let us know and we will set it up.)

### **Tuition Monthly Fees: (Cash, Check or Credit)**

Bronze Team

2 Days (2 hrs. per day) Required - \$180 per month

Silver Team

2 days( 2.5 hrs. Per day) Required - \$205 per month

Gold Team

2 Days (3 hrs. per day) Required - \$225 per month

Platinum Team

3 Days Required 3 hrs. Per day - \$275 per month

### **GT Computer System**

Please be sure your information is correct at all times in the on-line system.

<https://app3.jackrabbitclass.com/portal/ppLogin.asp?id=522369>

To access your account: customer portal; request a password. If you have any issues, please let me know, do not register again as you are all already in the system. You will be able to view all of your balances and transactions in the system. (We will send out a reminder each month as well, prior to the 1st, but you should plan for payment on the 1st regardless of when you receive the notice; you can see your account balance at any time and tuition doesn't change from month to month)

All forms of communication between coach and parents are through the email system please make sure your information is up to date and accurate to ensure you receive important information.

**Meet Attendance and Commitment:** Meet attendance is mandatory for a minimum of 4 out of 5 meets. If you are signed up for a meet, you will be charged the meet fee. **Meet fees are NOT refundable once charged.** If an injury occurs, it is possible, but not guaranteed to get a refund. Occasionally substitutions are allowed. If a refund is given or sub allowed, it may be offset by an administrative charge. You will agree to a meet schedule as soon as it is posted. Inability to attend a meet should be communicated via email and should include a valid reason for non-attendance.

### **Additional Team Fees:**

1. Annual registration fee: \$25 payable. ( CASH OR CHECK non-refundable)
2. USAG Athletic Membership: \$20 annually payable at August 1st (CASH OR CHECK non-refundable)
3. Team Competitive leotards range from \$75 - \$100
4. Team Warm up Jackets TBD
5. Bags Price TBD
6. Private Lessons optional: While we don't encourage consistent private lessons, there are reasons from time to time you may want to do these. Tuition and assessment accounts must be 100% up to date. Private lesson fees are paid at the time of the lesson in cash or check directly to the coach. We will not charge your assessment account. \$30-30 mins \$45-45 mins \$60-60 mins Schedule directly with the coach.

**Leaving prior to competition season-end:** If a gymnast must leave the program during the program year, (Which is highly discouraged and may result in inability to return to the program) a 30-day written notice period in which the gym can fulfill the spot on the team is required. You will be responsible for any meet fees outstanding that have been paid and cannot be recovered. (Sometimes competition money in account isn't enough to cover meet fees paid to date). Any meet fees paid to date will NOT be refunded.

**Attendance Expectation** - The safety and success of each gymnast, as well as team unity, are maximized by regular attendance. – Team is required to be a year round commitment. We expect girls to be at all practices and on time. Of

course there are exceptions and illnesses from time to time and we understand that. However, if there are too many exceptions, we should discuss whether continuing in this program is a good choice for both parties. If a gymnast is in another sport or activity, it should not conflict with the gymnastics schedule. Missing classes creates a situation where the gymnast gets behind physically very quickly. Absences must be excused and we must be notified via coach's contact. Illnesses and mandatory school functions are considered excused absences. No shows are not okay! If a gymnast wants a day off for something special and attendance is good, THE GYMNAST must ask the coach in advanced and get an excused absence. The parent should not email and just tell us the gymnast is taking a night off. An absence for something special is fine from time to time with prior approval, but please respect the process and help the gymnast take responsibility for the request. All absences, including excused, may be made up in the same week unless the gymnast remains sick and then we will work through the situation for a make-up in the next week if possible. All make ups must be with your current team.

**Make-up Policy**— as with any sport you are making a commitment to attend all practices. Xcel team is not ran like normal recreational classes. Refunds will not be applied for any missed practices due to a gymnast prior engagement. GT will schedule any make ups needed due to our coaches cancelling practice. Private lessons are not an acceptable request to fulfill a gymnast make up.

Make ups are only offered for excused absences. Make ups should be completed during the same week of the excuse absence. If an illness keeps the gymnast from participating during the same week then they are to attend the make up in the week to follow. Make ups will NOT be allowed after the following week missed. That missed practice will be forfeited.

Make up Options:

Gymnasts scheduled for the 2 Day Requirement may attend a practice on the additional day not already attending during the same week or following as the absences. No make ups will be allowed for practices missed beyond the 2 weeks.

**Injury Policy** - Injured gymnasts are expected to be at practice for at least a portion of the scheduled practice time. It is our goal to concentrate on the areas of the body and training that can be worked during recovery. Not only does this help maintain the athlete's level of fitness for a quicker return to full workouts, it keeps them in touch with their teammates and helps them stay connected to the sport. It is important for gymnasts and parents to immediately report all injuries to their coach when it happens, not days later. The parent should provide information on the extent of the injury as well as prescribed limitations and if a doctor has been seen, must include a doctor note. In some cases a doctor's note may be required before a return to full workouts. Tuition is not pro-rated. A gymnast takes a spot on team and is responsible for payment to maintain the spot. Any long term injuries are understandable and we can meet and discuss options.

### **Parent Info**

Parent Viewing – Most gyms have a policy of very limited viewing. It is understandable why gyms have this rule. Some parents who watch all the time can get overly involved and question everything that happens at practice, get concerned or try to provide their own coaching based upon what they witness. Also, gymnasts can get more dramatic and emotional when a parent is there. Parent viewing is limited to the TV viewing. Some thoughts to keep in mind: What you see from outside, isn't always what it seems. You may come into a practice when your daughter isn't getting attention at that moment, is doing something different than others, is having a hard time with conditioning, is not working as hard as you want them to, or other various situations that occur. We are opening to discussing your daughter's struggles and accomplishments, but too much analysis, too often, isn't healthy for the gymnast. They will go through some tough stuff and some great stuff. It is all part of the sport Please respect this as a way to help the gymnast succeed. Communication - General communication will be send via e-mail. Please check your email regularly and respond quickly to requests. Snow: Check your email or the web site for updates!

If you have to communicate something about your daughter, please try to email or let a coach know prior to the start of practice and not when a coach should be in during practice time. Brief updates are fine, but issues that require a more lengthy conversation taking place when a coach is trying to get practice started is very difficult and may leave you feeling unattended to. If you need a discussion, please make arrangements for a meeting time.

**Level designation** - gymnasts must meet some level of strength and flexibility requirements before moving up a level. Attendance is taken into consideration for level designation. Additionally, gymnasts must meet 90% of the skills for the level they are moving to, to be able to compete at that level. Gymnasts, who do not meet 90% of their skills, must compete the prior level. Sitting out a season is not an option. No exceptions. We are a team and promote team competition.

**Choreography:**

Choreography will be scheduled by your individual coach. This week is MANDATORY as it is crucial that all girls attend so they are able to learn their floor routines as a group. If for some reason they are not able to attend Choreography a copy of the floor routine will be posted on the GT XCEL Facebook page in order to learn. Coaches will refine floor routines outside of Choreography week, however, we will not take practice time to teach the routine from start to finish.

Some parents have requested that their child has a different routine from others. As you can imagine teaching and designing 10 different routines is a large amount for 1 coach to accomplish, we will be competing 1 in-house floor routine per level. Skills may vary based on individual gymnast's ability.

Personalize choreography is an option. A Choreography fee is required and will be scheduled and taught by our Dance Instructor outside of practice time. If interested please see your Head Coach for details.

**Why is it important to make Xcel a year round commitment? What are my coach's goals per season?**

## **FOCUS POINTS PER SEASON**

### Spring Season (Mid-March thru June)

1. Body Control/Form
2. Strength/Flexibility
3. Skill Progression

### Summer Season (July & August)

1. Skill Progression
2. Body Control/Form
3. Strength/Flexibility

### Fall Season (September & October)

1. Routine Prep
2. Skill Progression
3. Body Control/Form
4. Strength/Flexibility

### Winter Season (November thru March)

1. Skill Refinement
2. Routine Refinement
3. Strength/Flexibility
4. Body Control/Form
5. Skill Progression

## **Competition Specifics**

Attached to this commitment is a copy of the USAG Xcel deductions and requirements based on each level and event. Many parents find it difficult to understand scoring during meets. Remember a gymnast is not scored based on the difficulty level of their routine but their ability to perform required skills as close to perfect as possible. Perfection is judged on – skill requirements (angles), flow of routine (stops), bent knees, flexed toes, bent arms, piked hips etc... In gymnastics we start from a 10 and go down not the other way around. If you have any questions regarding scoring please speak to your head coach directly.

We are never discouraging the gymnasts to not compete new skills as we strive to continue progression year round. However, every skill competed needs to be as close to mastered and refined as it can be in order to receive scores competitive enough to possibly medal. As coaches it is our job to develop routines that best showcase their skills, we will always work on progression in practice once a skill is mastered. And again that skill will not be entered into a routine (if level allows) until it is refined and perfected. We encourage our parents to have an open line of communication with your daughters to educate them on the "whys and hows" to how they are scored. If at any point you or they do not truly understand we encourage you both to schedule a meeting to sit and discuss your concerns with your head coach.

Fear is a factor in most sports, yet, runs wild in the sport of gymnastics. We are expecting our bodies to do everything our flight/fight reflects tell us not to do, which would explain why things may worry a gymnast when learning or performing skills. As coaches we are trained not only to break down skills and provide drills but we are here to coach your gymnasts mentally as well. We tell them daily to talk to us about fears and what they don't understand. This is the only way to make connections and progressions. Please encourage your girls to express their concerns in practice in order to be able to address it and not waste 2 to 3 hours of practice time.

# GT XCEL Competitive Team Agreement

My daughter will be joining the Xcel program for the \_\_\_\_\_ Season. Completing this form and by marking an X and placing my name and or the gymnast name in the box below represents my understanding and agreement to all the policies of gym tiME XCEL PROGRAM.

\_\_\_ Yes returning to Xcel and agree to the signature below.

X \_\_\_\_\_  
Parent Signature Date

\_\_\_ No not returning to Xcel

X \_\_\_\_\_  
Parent Signature Date