

Jets, Select and Bronze

Gymnasts are moved into these levels by teacher recommendation. In these levels they start working competitive skills and routines

Move Up To

Depending on class attending and age, gymnasts go either one of these paths *

Levels Path

Adv. Jets, Adv. Select and Silver
These levels have the option to compete level 3 routines, and work these routines in class. Best for younger gymnasts starting competitions. Competing not mandatory. Competing costs are low. *Ballet is required to move up to Diamond*

Move Up To

Gold or Diamond
Work on level 4 skills/routines to get ready for level 4 team or Xcel team.
No meets for this level.

Move Up To

Level 4 Team
3X per week including ballet. Compete level 4 routines. Competing is mandatory at this level. Starting this level competing costs go up and there is a parental time commitment involved.

Move Up To

Level 5 then Level 6 Team
More hours per week than level 4 (4-5 days per week)
Competing is mandatory at these levels. Competing costs go up again at these levels.

Move Up To

Level 7,8,9,10 Team
Time commitment, competing costs and seriousness of program goes up substantially. Costs can reach up to \$10K per year in these levels.

Xcel Path

Xcel Level 1
Skill level is similar to level 3 skills, gymnasts can do their own routines. Best for gymnasts ages 10+
Competing is not mandatory. Competing costs are low at this level.

Move Up To

Xcel Level 2
Work on level 4 skills plus other skills specific to Xcel levels. Gymnasts compete routines with skills that are geared towards their own strengths.
Competing is not mandatory. Competing costs are low at this level.

Move Up To

Xcel Level 3/4
3X per week including ballet. Competing is not mandatory, but strongly encouraged.
Competing costs are still low at this level.

Move Up To

Xcel Levels 5-8
Similar hours to level 5,6 or 7 team. Skill level is similar to level 5-8 as well with less restrictions on rules. Competing is mandatory, parental time commitment increases and costs go up at this level.

OR

OR

OR

OR

* Gymnasts may cross back and forth between the different paths.

Parent's information about competitions

Silver, Adv. Jets, Adv. Select

Dear parents of Advanced Jets, Advanced Select and Silver gymnasts,

Congratulations, your child has reached the level where they can begin competing. If your daughter attends at least 2x/week, they are eligible for level 3 USA gymnastics competitions.

Competitions are in 2 seasons, from September through November and the 2nd season is January through March. Your child may or may not remain in this level for both seasons and can remain in this level beyond these 2 seasons (depending on readiness) Competitions are held on Friday, Saturday or Sundays, sometimes during school on Friday (rarely). Competition can last between 2 hours and 4 hours but typically are 3 hours from warm up time through awards.

Your child does not have to compete in all competitions at this level, but the more competitions the more experience they will have, but they can be in any # of competitions and choose 0 or all of the competitions.

In order to compete, every competitor must join USA Gymnastics and pay their required \$15 fee and fill out a registration form to be in any sanctioned event. (See attached form) They must buy the team leotard (around \$70) and must pay each competition's entry fee (between \$40 and \$65 depending on what the meet host is charging) plus \$10 in coaches fees per competition to pay for our coaches working at the event. Most competitions charge a spectator fee so they can help pay for the costs of running a competition, so be ready for anywhere from a \$5 to \$15 charge depending on the competition and kids usually have to pay an admission fee as well (most entrance fee's must be cash at the door).

Since you can attend any, all or none of the competitions, it is completely up to you to notify us that you would like to be in the competition and pay the necessary fees – you must register with USAG at least 2 weeks before the competition, so don't do everything at the last minute or you may have to skip a competition you would like to be in. The entry fee can be due up to a month before the competition and if you're unable to attend due to scheduling conflict, injury or sickness, you will not receive a refund of meet entry fees (we can of course refund the coaches fees, but once we have paid the other team the entry fee there are no refunds given). **It is completely your responsibility to check the meet schedule to find out when meet entries are due and have your fees paid to the front desk before that date, or your child will not be entered into the competition.**

Sometimes the exact competition schedule is not available, if the meet is scheduled for 2 days but you are unable to compete on one of the days, we can ask the host of the meet to let us know which day you are scheduled for and if they will give a refund if you have a schedule conflict, if they are unwilling to do this, then you may enter the competition at your own risk or choose not to enter the competition.

Our website will have all the information including due dates about attending competitions. Check here often to keep updated on your child's meet schedule. Go to www.gymcats.com and click on team news and look for silver, advanced select, advanced jets button on the left side of the page.

Email: It is imperative that we have a current e-mail on all children competing.

Turn in this portion to the desk!

Child's name: _____

E-Mail: _____

USAG FORM FILLED OUT AND SUBMITTED WITH \$15 FEE _____

LEOTARD ORDERED OR PURCHASED _____ **size**

Entry fee(s) and coaches fee (s) are paid for competitions you would like to enter _____