

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.

Move Up To

OR

Diamond Jets/Select

Work on level 4 skills and routines to get ready for level 4 team. No meets for this level.

Gold and Diamond

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

Move Up To

OR

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

OR

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

OR

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

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

Move Up To

Xcel Level 4

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 costs go up at this level. Competing is not mandatory, but strongly encouraged.

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

Parent's information about Xcel team and competitions

Xcel Teams

(level is determined by the head Xcel team coach)

Your daughter has been teacher recommended for the Optional Team program. This is a program that gives kids an alternate route to higher level team competition without the skill restrictions of the level 3-10 compulsory team program.

This program is offered by coach recommendation only and therefore is not listed on any of our regular class schedules.

This is a competitive team program – Congratulations on being selected!

If you decide not to join the optional team program, you may stay enrolled in your current classes. Please let us know either way of your decision

This program is an exciting alternative to the Level 3-10 team program in the following ways:

- The girls do not have set routines they have to learn
- There is a larger variety of skills they are allowed to work on.
- Girls work on more advanced skills on each event and do not have to stick to the rigid compulsory program.
- The costs and parent commitment of this program is a lot less than the level 3-10 team program, so it allows for your kids to be in other activities and/or devote more time to school or family events.
- There are levels within this program, so your child can progress through these levels and may also cross into the level 3-10 team program, the dance team or cheer team at any time.

If your daughter is in our optional program and attends at least 2x/week, they are eligible for 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 Xcel Team 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 _____