

Xcel program vs. J.O. program

	Xcel	J.O.
Skills	similar to J.O. skills, but not as rigid in having to do certain skills at certain levels	Set skills from level 3-6, then set requirements for optional levels 7-10
Benefits	More flexibility in learning skills that suit the athlete. Not as restrictive as to which skills the athlete can perform at each level	Very set skills at each level but basics are repeated to the point that athletes will reach a higher potential level in the future.
Drawbacks	Remaining in this program to the top level may not result in a college scholarship, although crossover to J.O. program is permitted.	If a child is unable to do a certain level 3-6 element, she will unlikely be able to move up to the higher levels.
# of levels	Five current levels	Ten current levels - although most clubs start competing at level 3, 4 or 5
Time commitment	This program allows kids to participate in other activities at the higher levels unlike kids in the J.O. program who usually have to devote themselves to gymnastics only	At level 3 or 4 athletes usually go 2-3 days/week - when they go to level 5 and 6 usually 4 days/week and at level 7 and up 5-6 days/week.
Progressive level movement	This program has the flexibility to move a little quicker to higher level skills than the J.O. program.	This program refines and perfects the basic skills a lot longer- which can lead to a stronger future, but also leads to burnout/boredom especially for older kids.
College scholarship	It is not likely that kids will receive a scholarship directly from this program, but crossover into the J.O. program is allowed	This program is more likely to lead to a college scholarship, but most kids must reach the top level and devote 6 days/week several hours/day in order to secure a scholarship.