



# Above the Bar Gymnastics Academy

*Building Champions in Life!*

## Above the Bar Xcel Gymnastics Team

### What is Xcel Gymnastics?

- Xcel program was created to keep gymnasts involved and excited about the sport
- Xcel program allows gymnasts at all levels to start competing earlier
- Xcel has beginner as well as advanced levels that allow gymnasts to keep competing in the Xcel program as they learn more skills, but without the same pressure as competing in the Junior Olympic (JO) program

### What are Xcel Levels & Skills?

- <http://gymnasticshq.com/xcel-bronze-requirements/>. Minimum age to compete is 5 years old.
- <http://gymnasticshq.com/xcel-silver-requirements/>. Minimum age to compete is 6 years old.
- <http://gymnasticshq.com/xcel-gold-requirements/>. Minimum age to compete is 7 years old.
- <http://gymnasticshq.com/xcel-platinum-requirements/>. Minimum age to compete is 8 years old.

### Xcel Training & Routines

- Xcel gymnasts train routines on all four women's events – Vault, Bars, Beam, Floor
- Xcel Bronze gymnasts all use the same, pre-choreographed floor and beam routines. Xcel Silver have the option to choose pre-choreographed floor and beam routines.
  - Pre-choreographed routines are taught during regular training
  - No additional fee for pre-choreographed routines
- Xcel Gold gymnasts have personalized floor music and routines for floor & beam. Xcel Silver have the option to choose personalized routines for floor and beam.
  - Gymnasts choose their music from coaches' selection of gymnastics mixes
  - Coaches choreograph personalized routines and teach them in 2.5 hours private lesson
  - Fee for personalized routines, including music, is \$255 for the coaches and \$35 gym fee
  - Parents are required to video record routines for their gymnast
- Xcel gymnastics training is year-round
  - January – April (May for Gold & Up) is Xcel competition season; Xcel Team will train during winter holiday weeks on modified schedule
  - May – July are important months for strength and flexibility conditioning to support gymnastics skills, and learning new skills
  - August – September training is focused on skill combinations and learning routines
  - October – December training is focused on refining routines and preparing for competition!
- Xcel training schedules are by level
  - Xcel Bronze train together as a group for 3-hours each week; monthly tuition is \$180
  - Xcel Silver train together as a group for 6-hours each week; monthly tuition is \$210
  - Xcel Gold train together as a group for 8-hours each week; monthly tuition is \$270
  - No make-up classes or refunds for missed Team training
  - 30-day notice required for withdrawals



# Above the Bar Gymnastics Academy

*Building Champions in Life!*

## Xcel Costs

- Annual [USAG Introductory Athlete Membership](#) fee \$25
- Team gymnasts' annual gym registration fee \$65
- Competition uniform includes long-sleeve leotard, warm-up set, and bag. Cost will be approximately \$280. We keep the same competition leotard design for 2 years. Our warm-up and competition bag designs don't change.
- Meet fees are approximately \$120 for each Houston-area meet and \$155 for out-of-town meets.
- All competition fees (except Regional Championship) and annual membership fees are bundled and divided into 4 payments due September 15<sup>th</sup>, October 15<sup>th</sup>, November 15<sup>th</sup>, and January 15<sup>th</sup>
- Credit card auto pay will be required for meet fee installments
- Competition uniform ordered in November
  - Full payment due in November at time of order
  - Used uniform pieces may be available directly from parents. Contact information provided upon request.

Annual Costs		
Competition Meet Fees (estimate)	~ \$755	Estimated total for 5 Invitationals and one out-of-town State Championship meet
USAG Athlete Membership	\$25	
Above the Bar Team Membership	\$65	
Monthly Costs		
Xcel Bronze Tuition	\$180	4 hours per week training
Xcel Silver Tuition	\$210	6 hours per week training
Xcel Gold Tuition	\$270	8 hours per week training
Periodic Costs (Vary)		
Competition Uniform	~ \$280	Warm-Up \$120 & Competition Bag \$40, one-time cost unless replacement needed; Leotard \$120 every 2 years
Training Leotards & Equipment	~ \$140	Leotards & shorts \$65, uneven bar grips & wrist bands for Gold & Up \$50, athletic tape, ankle weights \$20 ( <a href="http://a.co/dRD7LdZ">http://a.co/dRD7LdZ</a> , <a href="http://a.co/hw50Bz7">http://a.co/hw50Bz7</a> , <a href="http://a.co/ir8cs9q">http://a.co/ir8cs9q</a> , <a href="http://a.co/dlWdqw4">http://a.co/dlWdqw4</a> ), etc.



# Above the Bar Gymnastics Academy

*Building Champions in Life!*

## Xcel Competition!

- In Texas, the Xcel competition season is January through April (May for Gold & Up).
- Our Xcel Team will compete in 4 or 5 Invitational meets and 1 State-level Championship meet. Xcel Gold & Up can qualify for Regional Championship
  - Team gymnasts are expected to compete in all scheduled meets
  - Invitational meets will be in our local area (Galveston, Pearland, Houston)
  - South State, State, and Regional Championship meets may be outside of the Houston area
- Block out your calendar for the dates of the meets
  - Final session schedules usually published 2-weeks prior to each meet
  - Session schedules will be sent by e-mail & posted at <http://www.abovethebargym.com/page11.php>
  - Each gymnast competes in one session for their level; plan 4-hours total time

## Example Meet Schedule for 2017 Season

Dates	Meet	Host & Location
January 21-22, 2017	<a href="#">Pearland's Yellow Rose Invitational</a>	Pearland Elite, Pearland
February 3-5, 2017	<a href="#">Chow's Challenge</a>	Galveston Convention Center
February 24-26, 2017	<a href="#">Houston National Invitational</a>	Moody Gardens, Galveston
March 3-5, 2017	<a href="#">Svetlana Boginskaia Invitational</a>	Discover Gymnastics, Houston
April 28-29, 2017	Xcel Bronze & Silver South State Championship	River City Gymnastics, Converse
May 5-7, 2017	Xcel Gold/Platinum/Diamond Elite State Championship	United Elite Gymnastics, Rockwall
May 19-21, 2017	Xcel Regionals*	Galveston

\* Gymnast must qualify for Regionals @ State Championship

## Private Lessons

- Private lessons are optional
- All private lessons must be scheduled and paid at the front desk
- Rates for private lessons are graduated based on coach's level of experience
  - Gold rate begins at \$60/hr
  - Silver rate is \$50/hr
  - Bronze rate is \$40/hr
- Private lesson cancellations must be made at least 24-hours in advance
  - Cancellations made less than 24-hours in advance will be charged



# Above the Bar Gymnastics Academy

*Building Champions in Life!*

## **Xcel Team Spirit Leotard!**

- \$45 leotard w/ Above the Bar logo on front in rhinestones & Xcel Team logo on back in vinyl
- \$5 for added name personalization on back (optional)
- \$20 matching comfort fit shorts; add \$5 for small Above the Bar logo on shorts (optional)

