



Above the Bar Gymnastics Academy

Building Champions in Life!

2018 Xcel Team – Competition Schedule & Expectations

2018 Date	2018 Xcel Meet	Host & Location	Competing Levels
January 5 - 7	Chow's Challenge Invitational	Galveston Convention Center	All
February 2 – 4	Houston National Invitational	NRG Center, Houston	All
February 23 - 25	Biles International Invitational	World Champions Centre, Spring	All
March 2 - 4	Svetlana Boquinskaia Invitational	Discover Gymnastics, Houston	All
April 7 – 8	Princess Invitational (Xcel Bronze & Silver, only)	Texas Star Gymnastics, Tomball	Bronze & Silver
April 14 – 15	Xcel Gold/Platinum/Diamond State Championships	River City Gymnastics, San Antonio	Gold
May 5 – 6	Xcel Bronze/Silver South State Championships	Powerhouse Gymnastics, San Antonio	Bronze & Silver
May 18 – 20	Xcel Gold/Platinum/Diamond Regional Championships*	Galveston Convention Center	Gold*

- Parents, block the scheduled meet weekends on your calendars now.
 - Each gymnast competes in one session for their level at each meet.
 - Avoid making plans for the weekends of scheduled meets until final session schedule is out.
 - Final session scheduled published by host gym approx. 2-weeks prior to each meet.
 - Schedules will be e-mailed and also posted to our website at [2018 Girls' Xcel Team](#).
- All Xcel gymnasts will be entered in the scheduled meets for their level.
 - Bronze & Silver - 5 Invitationals + 1 South State Championship
 - Gold - 4 Invitationals + 1 State Championship
 - *Gold gymnasts making qualifying score for Regional Championships will be entered to compete.
 - ***If your gymnast has a hard conflict (e.g., family reunion) with any schedule meets for their level, e-mail ellen@abovethebargym.com by 10/15/17. The first meet entry is due Nov 20th!***
- What if your gymnast becomes injured or ill?
 - Inform coaches right away and e-mail ellen@abovethebargym.com
 - Refunds on individual entry fees are at discretion of each meet director, not Above the Bar.
 - No refunds on coaches' fees.



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2018 Xcel Meets & Fees		Bronze	Silver	Gold
January 5 - 7	Chow's Challenge Invitational	117	117	117
February 2 – 4	Houston National Invitational	132	132	132
February 23 - 25	Biles International Invitational	108	108	108
March 2 - 4	Svetlana Boguinskaia Invitational	108	108	108
April 7 – 8	Princess Invitational	116	116	---
April 14 – 15	Xcel Gold/Platinum/Diamond State Championships	---	---	146
May 5 – 6	Xcel Bronze/Silver South State Championships	116	116	---
May 18 – 20	Xcel Gold/Platinum/Diamond Regional Championships*	---	---	TBD
	USAG Registration	\$25	\$25	\$25
	Gym Registration	\$65	\$65	\$65
	TOTAL	\$787	\$787	\$701
	Meet Fees Installment #1 due September 22, 2017	\$197	\$197	\$176
	Meet Fees Installment #2 due October 20, 2017	\$197	\$197	\$175
	Meet Fees Installment #3 due November 17, 2017	\$197	\$197	\$175
	Meet Fees Installment #4 due January 19, 2018	\$196	\$196	\$175

- On the due dates indicated, meet fee installments will be charged to the gymnast's credit card on file. If you will pay meet fees by different method (e.g., separate card, check, etc), inform us in e-mail to ellen@abovethebargym.com by 9/12/17 and initial choice on page 5.
- Failure to make meet fee payments may jeopardize a gymnast's meet entry and team eligibility
- Competition fees are best estimates based on expected number of competing gymnasts and estimated age group sessions.
 - Fees include meet entry fees (individual & team), coaches' session fees & coaches' travel (mileage & hotel) for meets located 50 miles or further from Above the Bar.
 - Fees do not include Xcel Gold Regional Championship fees since gymnasts must qualify individually for Regionals.
- *All gymnasts qualifying for Regional Championships will be entered to compete. Fees for Regional Championships will be calculated to include: meet entry fees, Regional Championship leotard, coaches' fees, and travel. Fees will be divided equally between all gymnasts in a given level who qualify for Regional Championships (e.g., all Xcel Gold gymnasts qualifying for Regional Championships will be equally responsible for those fees).



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Competition Uniform

- Competition uniform includes long-sleeve leotard, warm-up set, and bag. Cost for the set is approximately \$280. We keep the same competition leotard design for 2 years. Our warm-up and competition bag designs don't change.
- Competition uniform ordered between September and October
 - Payment due at time of order. However, if you need to split into two payments, let us know.
 - Used uniform pieces may be available directly from parents. We will match size and provide parent contact information upon request.

USAG Membership

- Each year, competing gymnasts must complete registration form for USAG
 - Fill out Athlete Membership Information, Athlete Membership Agreement, and Signatures
 - Check the box for New Athlete or Previous Athlete (we will look up numbers)
 - Gym will complete Member Club Information
 - Do not fill out Payment Information. Registration fee is included in competition fees. Gym will register and submit payment information for all gymnasts together.
 - **Return completed form to the front desk by 9/12/17**
- Membership period is August through July 31st each year
- Read about membership benefits at https://usagym.org/pages/membership/pages/info_athlete.html
- Registration forms are at the gym or print your own from www.usagym.org website
 - Xcel gymnasts complete the 2017-2018 USAG Introductory Athlete Membership Form
 - https://usagym.org/PDFs/Member%20Services/ms_introathleteform17.pdf

Gymnast Expectations for Competition

- Prepare for competition the day before by eating nourishing meals, drinking plenty of water, and getting to a good night's rest.
- Hair – single tight bun to one side behind an ear. Smooth fly away hairs against head with lots of hairspray. Use leotard scrunchie at base of bun.
- Nails - no colored nail polish on fingers or toes. Clear polish is acceptable. No make-up. Judges can take deductions for infractions.
- Uniform – competition leotard, warm up jacket & pants, competition bag, and black flip flops.
 - Xcel Bronze will wear capri pants with warm up jacket
 - Xcel Silver & Gold will wear long warm up pants with jacket
 - If bra or underwear is worn with the leotard, they must be completely covered by the leotard. Deductions are taken for visible bra straps.
- What to pack in competition bags – grips & wrist bands (Gold & up), athletic tape & pre-wrap, band-aids, tissue, extra elastic hair bands, bottled water, dry snack (like Goldfish, trail mix, etc., nothing sticky or crumbly!)
- Arrival time – 15 minutes prior to scheduled open stretch/warm-up.
- Arrive in complete uniform – leotard, warm-up pants and jacket zipped up, competition bag.



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- Stretch & Warm-up – in leotard only; warm-ups & flip flops in competition bag.
- March-in – in leotards, only. Lineup as directed by Coach. Stand for National Anthem, right over heart.
- Event Rotations – lineup for orderly transition, as directed by Coach.
- Behavior expectations during competition. Stay focused on competition while waiting your turn. Watch your teammates and cheer them on!
- Safety Spotting
 - Safety spotting is always provided, but coaches will not assist with skill completion during competition.
 - Gymnasts are expected to execute all required skills in competition without a coach's assistance.
 - If a gymnast is unable to safely complete any skill or routine in competition, she will be scratched from the event.
- Awards – everyone stays until completion of awards for their session.
 - Girls wear full warm-up with zipped jacket.
 - Be respectful, pay attention, and cheer for your teammates during awards.
 - Placement awards
 - Placement medals awarded for each event to 50% of each age group based on event score
 - All-Around medals awarded to all gymnasts by age group based on combined event scores

Parent Support for Competition

- Support your gymnast with positive encouragement and only expect them to do their best. Let the coaches do the coaching.
- Give kisses and hugs before sending your gymnast to join her team on the floor for warm-up. After that, no contact with your gymnast during the meet. The coaches will take care of them on the floor.
- NO FLASH on your camera during competition. Flash photography is not allowed during competition as bright bursts of light can disorient or distract gymnasts and judges. Flash is allowed only during awards ceremony.
- Cheer for your gymnast and her team mates!
 - However, avoid words or phrases that sound like coaching such as “run,” “tight,” “straight” and variations of those words.
 - Even the coaches cannot coach while a gymnast is performing her routine.
 - Judges may take deductions for coaching during competition.



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2018 Parent & Gymnast Agreement

I have read and accept the competition schedule, gymnast & parent expectations, and financial commitment described in Above the Bar Gymnastics Academy's *2018 Xcel Team - Competition Schedule & Expectations*. I agree to support team events and expectations and fulfill all obligations thereof.

Gymnast Parent, Printed Name

Signature

Date

Gymnast Parent, Printed Name

Signature

Date

Gymnast, Printed Name

Signature

Date

Meet Fee Payment Method. Initial one choice below.

_____ Charge meet fee installments to my credit card on file on the scheduled due dates.

_____ I will make meet fee installment payments by the scheduled due dates.
Do not charge my credit card on file.

Sign and return this agreement to the front desk by 9/12/17.
A copy will be provided to you upon request.