



Above the Bar Gymnastics Academy

Building Champions in Life!

Above the Bar Xcel Gymnastics Team

Congratulations on your gymnast's selection for Above the Bar Xcel Gymnastics Team! This packet provides important information and overview of the program to help you in making your decision to commit to Xcel Team. Read it completely and let us know if you have questions.

What is Xcel Gymnastics?

- Xcel program gives beginner through advanced gymnasts the opportunity to stay in the sport and compete as they progress their skills and routines
- Xcel prepares gymnasts to compete with less pressure and time commitment compared to the Junior Olympic (JO) gymnastics program
- Read more about Xcel Gymnastics at [USA Gymnastics](#) and [Gymnastics HQ](#)

What are Xcel Levels & Skills?

Copy & paste the links into your browser to view skill requirements for each level

<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 or personalized floor and beam routines.
 - Pre-choreographed routines are taught during regular training
 - No additional fee for pre-choreographed routines
- Personalized floor and beam routines are required for Xcel Gold gymnasts and optional for Silver.
 - 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 is a year-round program
 - The year begins in June with important strength, flexibility, and skills training. Every gymnastics skill requires continuous strength and flexibility training in order to perform them gracefully and safely!
 - In August and September, gymnasts start learning skill combinations and choreographed routines



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- In October through December, gymnasts continue to drill and perfect their routines to prepare for competition. Uniforms are fitted and ordered in October.
- January through May is Xcel competition season!

Xcel Competition!

- In Texas, the Xcel competition season is January through May.
- Our Xcel Team will compete in 5 Invitational meets and 1 State-level Championship meet. Xcel Gold & Platinum can qualify for Regional Championships based on their all-around score at State.
 - Team gymnasts are expected to compete in all scheduled meets
 - Invitational meets will be in our local area (Galveston, Pearland, Houston, etc.) and one out-of-town meet.
 - State and Regional Championship meets may be outside of the Houston area.
- The season's meet line-up is finalized in September.
 - Once meet dates are selected, block out your calendar for the entire weekend of the meet.
 - Final session schedules are usually published just 2-weeks prior to each meet so avoid making plans for meet weekends.
 - Xcel programs are growing across the state of Texas so many meets have Friday and some have Thursday sessions. Gymnasts will miss some school for competitions.
 - Session schedules will be sent by e-mail & posted at our [Girls' Xcel Team](#) webpage.
 - Each gymnast competes in one session for their level; plan 4-hours total time. The 2020 meet line-up and schedule will be provided in September.
- Communication about meets and training is primarily done by e-mail.
 - Check e-mail regularly for important communications about training schedule, competition schedule, or events.
 - Also check our [Girls' Xcel Team](#) webpage for schedules and links to important information.

Xcel Team Costs

- Xcel Team is a year-round program, thus a year-long commitment. As such, Team training and competition costs are divided over the 12-month season. In the tables below is a summary of **estimated** Xcel Team costs. Read descriptions of each item and important notes.

	Bronze	Silver	Gold	Platinum
Monthly Fees				
Monthly Team Training Tuition	\$190	\$210	\$300	\$340
	5 hrs	6 hrs	9 hrs	12 hrs



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Team Competition Uniform Fees (Approximate) – due in October				
Custom-designed Team Competition Leotard	\$200	\$200	\$200	\$200
Customized Team Competition Warm-Ups	\$150	\$150	\$150	\$150
Customized Team Backpack	\$60	\$60	\$60	\$60
Annual Season Fees – due in June				
USAG Athlete Membership due to USAG in June	\$27	\$27	\$59	\$59
Annual Team Membership due to Above the Bar in June	\$65	\$65	\$65	\$65
Additional Training / Event Fees – due when event occurs				
Xcel Team Summer Camp (July 29 – August 2)	~ \$100	~ \$100	~ \$100	~ \$100
Xcel Training Clinics (to be scheduled)	~ \$25	~ \$25	~ \$25	~ \$25
Xcel Mock Meet (November)	~ \$35	~ \$35	~ \$35	~ \$35
Choreography for Floor & Beam Routines (July)	N/A	Optional	~ \$290	~ \$290
Private Lessons ~ \$60/hr. (at time of lesson)	Optional	Optional	Optional	Optional
Gymnastics Training Gear				
Team Spirit Leotard (required)	\$55	\$55	\$55	\$55
Uneven Bar grips & wrist bands for Gold & Up	N/A	N/A	~ \$60	~ \$60
Athletic Tape \$3 per roll (avail. @ front desk or Academy)	Optional	Optional	Optional	Optional
2 lb Ankle weight set for Silver & Up (http://a.co/ir8cs9g , http://a.co/dlWdqw4)	N/A	~ \$20	~ \$20	~ \$20
Two Therabands (Green and Blue)	\$10	\$10	\$10	\$10
Jump Rope (any kind – purchase on your own)				
Bag Balm ® Medicated Ointment for hand rips ~ \$7	Optional	Optional	Optional	Optional

- **Monthly Team training tuition based on level and number of training hours**
 - Xcel Bronze train together as a group for 5 hours each week; monthly tuition is \$190.
 - Xcel Silver train together as a group for 6 hours each week; monthly tuition is \$210.
 - Xcel Gold/Platinum train together as a group for 9 hours each week; monthly tuition is \$300.
 - Training schedules, hours, and tuition are subject to change during the annual training cycle.
 - No make-up classes or refunds for missed Team training.
 - 30-day notice required for withdrawals.



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- **Competition Meet Fees**

- Competition meet fees will run approximately \$1,000 for the season. There are two methods of payment for competition meet fees that are still to be determined, either monthly or in four to five installments.
- Xcel competition season will include 5 invitational meets and 1 State Championship meet.
- Xcel Gold & Platinum also have a Regional Championship meet which they must qualify for at State. Regional Championship meet fees are paid separately by qualifying gymnasts.
- Fees for each meet average \$125 for Houston-area and \$155 for out-of-town competitions.
- Meet fees include individual entry & team entry fees and coaches' session fees & mileage. For out-of-town meets, fees also include coaches' lodging and meals.
- If a gymnast withdraws from Team prior to end of season, competition meet fees are NOT refunded.

- **Xcel Team Competition Uniform**

- For competition, each gymnast must purchase the custom-designed team leotard, warm-up set, and bag. The estimated cost for competition uniform set (leotard, warm-up, and bag) is \$410.
- Leotard designs are refreshed every 2 years. The warm-up and competition bag designs usually don't change.
- Competition uniform is fitted and ordered in October.
- Full payment for uniform pieces will be due at the time of order.
- Gently used uniform pieces may be available directly from Team parents. Contact information provided upon request.

- **Annual USAG and Above the Bar Team membership**

- Team gymnasts are required to be members of USA Gymnastics. Membership fee is not refundable.
 - ✦ Annual Xcel Bronze & Silver Introductory Athlete membership is \$27.
 - ✦ Annual Xcel Gold & Platinum Athlete Membership is \$59.
 - ✦ New in 2018, parents will need to complete the USAG membership registration and payment online. You will receive an e-mail with a link to USAG when it's time to register for the 2019-2020 year.
- Annual gym membership for Team is \$65 per gymnast. Membership fee is not refundable.

- **Xcel Training Camp, Clinics & Mock Meet**

- During the summer, Xcel Team gymnasts are expected to attend a mandatory in-house training camp.
 - ✦ The camp is an intensive for learning competition routines, team bonding, and fun!
 - ✦ Mark your calendar for Summer 2019 camp dates July 29th – August 2nd.
 - ✦ Camp schedule and tuition (for additional training time) will be communicated later this summer.



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- During the training months, focused Clinics may be scheduled for additional work on specific skills or routines, as deemed necessary by the coaches. Clinic information and costs will be communicated when they are scheduled. ○ In November, Xcel Team gymnasts are expected to participate an in-house Mock Meet.
 - ✦ Mock Meet is run like a real meet with certified judges scoring and critiquing routines.
 - ✦ Judges provide feedback on specific routine elements to polish during December.

- **Choreography for Floor & Beam Routines**
 - Personalized floor and beam routines are required for Xcel Gold & Platinum gymnasts and optional for Silver.
 - 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.

- **Private Lessons**
 - Private lessons are optional.
 - All private lessons are scheduled with and paid to individual coaches (cash or check only); however, the parent must sign the coach's private lesson log.
 - Rates for private lessons are established by each individual coach.
 - Private lesson cancellations must be made at least 24-hours in advance.
 - ✦ Cancellations made less than 24-hours in advance will be charged.

- **Xcel Team Spirit Leotard!**
 - \$55 leotard w/ Above the Bar logo on front & Xcel Team logo on back.
 - \$20 matching comfort fit shorts; add \$5 for small Above the Bar logo on shorts (optional).



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Xcel Gymnastics Team Commitment Agreement

By signing this form below, I understand that joining Above the Bar Xcel Gymnastics Team is a 1-year commitment (June through May). I will make every effort to ensure that my child participates throughout the year.

In the event that we choose to withdraw, I understand that 30-days written notice is required. I agree that I am responsible for tuition in the 30-day withdrawal period. I agree that all fees paid to Above the Bar will not be refunded in the event we withdraw or are asked to leave Xcel Gymnastics Team.

I agree to support Xcel Gymnastics Team events and expectations and fulfill all obligations thereof.

Gymnast Parent/Guardian, Printed Name

Signature

Date