



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/> Min age to compete is 5 y.o.

<http://gymnasticshq.com/xcel-SILVER-requirements/> Min age to compete is 6 y.o.

<http://gymnasticshq.com/xcel-GOLD-requirements/> Min age to compete is 7 y.o.

<http://gymnasticshq.com/xcel-PLATINUM-requirements/> Min age to compete is 8 y.o.

• Xcel Team Behavior and Expectations

Team participation is by invitation only. Remaining on team is also by invitation only and is dependent upon the athlete's attitude and behavior, work habits, and coachability. At all times, the girls will be reminded to "Work hard and try your best." This is all that we will ever ask of them and this is always what they should demand and expect of themselves. Each girl will be coached that they should concern themselves with things that THEY can control which are THEIR ATTITUDE, THEIR EFFORT... THEIR GYMNASTICS!

The girls must treat their coaches and teammates with respect. They must be kind to younger gymnasts and not hold themselves out as better than other gymnasts. THERE IS NO PLACE AT ABOVE THE BAR FOR RUDE OR BELITTling COMMENTS, DISPLAYS OF ANGER OR DISGUST, OR TALKING BACK TO COACHES OR OTHER ADULTS. The girls must keep a positive attitude when facing fears and frustrations. Gymnastics is the most demanding and difficult of all



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sports. All athletes suffer setbacks, frustration, fear and defeat. Expect these things, learn from them, face them and overcome them. Set high goals and achieve them step by step. Gymnastics requires focus and discipline.

The following are guidelines which all team members are expected to adhere to:

- Each gymnast is required to attend all scheduled workouts. Be on time to all workouts. Be on the floor and ready to work when your workout begins. If you must be late or absent you, call the office and notify the coaches.
- Each gymnast is required to be at every practice the week of a meet. The coaches will let families know ahead of time if a workout will be cancelled due to travel needs.
- Proper workout attire is required - a properly fit leotard is the only acceptable workout attire including brief under leotards. Tight fitting workout shorts will be allowed. No jewelry, other than stud earrings, may be worn during the workout. For the courtesy of the coaches and other athletes, proper and appropriate hygiene is appreciated (e.g. deodorant, finger and toe nails trimmed, etc.).
- Hair should be appropriately tied so as not to interfere in any way during the workout. This means hair in a ponytail, French braid or bun so it cannot get into the eyes!
- No food, drink (except water bottles), or candy is permitted on the workout floor. All snacks must remain in the cubby area. Each gymnast may bring a non-breakable plastic water bottle with a cap to practice and keep it with them every day. The water bottle should be labeled with the athlete's name. Please bring only water as sports drinks can make a sticky mess in the gym. To help control blood sugar levels and focus, a nutrition break will be provided during practices that last longer than two hours. The types of food that should be consumed at that time include: fruit, nonfat crackers, juice, pretzels and other nutritious and low-fat snacks. Do not bring candy, soda or other sugary foods.
- Gymnasts may not leave the workout or competition floor without the permission of the coaching staff.
- Gymnasts may not be on the gym floor when it is not their workout time without permission of the coaching staff. No gymnast may workout alone.
- Alert your coach when your body is telling you to slow down or stop. If you are sick, on medication, or are injured we need to know, and you need to listen to your body. Pain is the body's way of telling you to stop. In addition, tell your coach if you have engaged in any strenuous activity prior to the start of practice.
- Be honest. Cheating disrespects your coaches, your teammates, your parents, and, most importantly, to yourself. If you cannot or will not complete an assignment be honest about it.



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- A 30-day written notice is required if you decide to leave the program. If notice is not given, you will be charged the full months tuition.
- **Xcel Team 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
 - Uniform for competition – girls will need competition bag and all uniform pieces
 - ✦ Arrival & March In – warm up pants & jacket worn over Competition Leotard, black tennis shoes with hair done per coach's requirements.
 - ✦ In Competition Bag - grips & wrist bands, athletic tape & pre-wrap, band-aids, bottled water, dry snack (like Goldfish, trail mix, etc., nothing sticky or crumbly), items need to fix hair (gel, hairspray,
 - Arrival time – 15 minutes prior to scheduled open stretch/warm-up
 - Stretch & Warm-up – in uniform as directed by Coach
 - March-in – in warm up pants with jacket zipped up. Lineup as directed by Coach. Stand for National Anthem, right hand 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!
 - Awards – everyone stays until completion of awards for their session.
 - ✦ Gymnasts wear full warm-up with jacket zipped up.
 - ✦ Be respectful, pay attention, and cheer for your teammates during awards.