

## WHAT IS THE XCEL PROGRAM?

The Xcel Program was created by USA GYMNASTICS to give gymnasts an opportunity to compete in gymnastics at a recreational level that is less demanding and less restrictive than the USA Gymnastics Dev Program (Developmental Program). Harford Gymnastics began its XCEL team in 2021-22 season. In the entry levels, Gymnasts can compete with an easier skill set and less rigid requirements in XCEL compared to the current Compulsory Dev program which Harford Gymnastics has been doing since the early 1980s. Gymnasts can still progress to higher skill levels through XCEL. The focus of our Dev compulsory competition team is on perfection and repetition. The focus of our XCEL team is on fun and skills with less emphasis on precision.

There are six divisions in the Xcel program: [Bronze](#), [Silver](#), [Gold](#), [Platinum](#), [Diamond](#), and Sapphire. All of the Xcel divisions have their own optional rules and requirements. This can make it more enjoyable for XCEL athletes to have the coaches choreograph unique parts of their routines to express their talents.

In the USA Gymnastics Dev program, the first Optional level is [level 6](#), but with Xcel team, the girls can start putting in optional skills at any level based on the level restrictions. By adding XCEL teams at Harford Gymnastics, a gymnast can compete an individual, customized routine.

Harford Gymnastics currently offers Bronze, Silver, and Gold Teams and are planning to possibly start a Diamond program soon. XCEL usually does 3-4 competitions each season which includes a STATE CHAMPIONSHIP. Except for extenuating circumstances, all team members are expected to participate in the competitions because these are individual as well as team competitions.

Our XCEL team is under the umbrella of Harford Gymnastics Parents Organization (HGPO) beginning with the 2022-23 season. HGPO collects the competition DUES to cover entry fees and coaches' expenses for taking the girls to competitions, as well as other team related expenses such as the team banquet and team enhancing equipment. Parents will receive more info from HGPO on dates that the competition dues must be paid separately to HGPO. Competition Dues for XCEL teams is \$750-\$1000 depending on the level.

We hope to keep competitions local within a 90 minute drive. Competitions are One Day lasting about 3-4 hrs. We don't find out the exact day and time until about 2 weeks prior, but know weekend well in advance.

Participants must attend two practices per week. Training schedules are posted by Aug 1<sup>st</sup> for school year. Gymnasts train year round as part of the XCEL team. Tuition is due on the 20<sup>th</sup> of each month. There are scheduled closing that are factored into tuition, so no make-ups for team training unless extenuating circumstances.

Gymnasts need the following for Xcel Team Uniform: Competition Tank Leotard & Warm up Pants & Team Bag (with Chalk, hand sanitizer, water bottle) that they bring to each practice and to competitions.