



USAG Xcel Team Handbook 2020-2021



USA GYMNASTICS.

BGC's Mission:

"Enrich lives through the sport of gymnastics"

Program Overview:

The Xcel Program is an alternative USA Gymnastics competitive program offering individual flexibility to coaches and gymnasts. The goal of Xcel is to provide gymnasts of varying abilities and commitment levels the opportunity for a rewarding gymnastics experience. Xcel

Team athletes must become members of USA Gymnastics in order to participate. Bronze and Silver athletes need an Introductory Athlete Membership which is \$29 and Gold athletes need an Athlete Membership which is currently \$61. Prices subject to change

Our Xcel program is a skills based progressive program. Athletes will travel to various meets competing against other athletes at their level.

We look forward to working with you and your child!

Xcel Levels:

Bronze 1 (5-7 year olds): Bronze 1 practices September- May for approximately 1.5 hours 1 time per week. Summer training is optional, but encouraged. Bronze 1 athletes participate in "mini meets" at BGC and they may have the opportunity to perform at local events including halftimes and community events. \$45/month.

Bronze 2 (8-12 year olds): Bronze 2 practices September- May for approximately 1.5 hours 2 times per week. Summer training is optional, but encouraged. Bronze 2 athletes participate in 2-5 USA Gymnastics sanctioned events in the tri-state area, "mini meets" at BGC, and they may have the opportunity to perform at local events including halftimes and community events. \$90/month.

Silver (8-12 year olds): Silver practices September- May for approximately 2 hours 2 times per week. Summer training is optional, but encouraged. Silver athletes participate in 2-5 USA Gymnastics sanctioned events, "mini meets" at BGC, and they may have the opportunity to perform at local events including halftimes and community events. Silver athletes may attend the USA Gymnastics MN State Meet if they meet qualifications. \$120/month.

Gold (8-14 year olds): Gold practices September- May for approximately 2.5 hours 2 times per week. Summer training is optional, but encouraged. Silver athletes participate in 2-5 USA Gymnastics sanctioned events, "mini meets" at BGC, and they may have the opportunity to perform at local events including halftimes and community events. Gold athletes may attend the USA Gymnastics MN State Meet if they meet qualifications. \$150/month.

What to expect?

-Athletes are expected to take part in and pay for the entire season. Sept. -May.

-Gymnasts in the Bronze level will compete in 2-3 meets with an optional state meet (If they qualify), Silver level will compete in 3-4 meets with an optional state meet (If they qualify), Gold and Platinum athletes will compete in 4-5 meets with an optional state meet (If they qualify).

*This is a team sport, as well as an individual sport, all athletes are expected to attend meets. (Unless there are extenuating circumstances.)

Late Fees:

Tuition must be paid in full prior to the 5th of each month (Sept.-May).

Payments made after the 5th are subject to a 25% late fee. Summer fees must be paid prior to participation. Participation will not be allowed if students are more than a month behind on tuition. Example: October fee not received by November 1st, this student will not be allowed to participate.

Progression through the program:

Athletes will stay in their division for the duration of the competitive season. If the athlete achieves a 37 All Around in their division, coaches may consider alternate placement. When a gymnast meets coach expectations and is ready to move up, coaches will contact parents and discuss options before moving teams. Sometimes staying in a lower level may be better for the gymnast. **DO NOT register an athlete for a higher division unless the coach has spoken with you and approved this.

- **Bronze:** Anyone entering the program or in kindergarten and up. (BGC typically prefers athletes are 8 prior to participation in sanctioned events.)
- **Silver:** Anyone age 6 plus. Anyone that successfully scored a 36 AA average in Bronze and can perform the silver level USA requirements. (If an athlete has had previous competitive experience they, after discussion with coach, might begin at this level.)
- **Gold:** Must be age 7 plus. Must score a 36 AA average in silver and can perform the Gold level USA requirements.
- **Platinum:** Must be age 8 plus. Must score a 36 AA in Gold and can perform the platinum level USA requirements.
- **Diamond:** Must be age 9 plus. Must score a 36 AA average in platinum and can perform the Diamond level requirements.

*If your athlete previously competed in a USA Gymnastics Program, please speak to a coach. There are separate guidelines for this situation.

Financial Expectations

Monthly Tuition

- Depends on your level and number of hours in the gym: \$45-\$150
- Fees subject to change

Other Expected Fees:

- USAG membership fee
 - Bronze/Silver: Introductory athlete membership \$29
 - Gold/Platinum/Diamond: Athlete \$61
- MN gymnastics Head Tax- \$15
- Meet Entry Fees: \$30-\$100/ Meet
- Meet Expense Fees: approximately \$25/meet
- Warm- Up Jacket: approximately \$50 *Gymnasts will supply their own black capri leggings.
- Leo: approximately \$50-\$100
- Possible added costs for attending state or regional meets.

BOOSTER CLUB INFORMATION

BGC would love to partner with a booster club. Booster club funds would provide equal financial benefit to all Xcel athletes. Funds would be used to offset meet and uniform expenses. If you are interested in starting and managing a Booster Club, contact Tiffany Jennen.

Expectations of Parents/Guardians

With this program, we do travel. Parents are responsible to get gymnasts to and from meets. This does sometimes require a hotel stay if you choose.

(Possible meet locations: Grand Forks, Fargo, Bemidji, anywhere in MN or surrounding states.) *We try to stay within 3 to 4 hours from Fergus Falls.

During practices parents are allowed to watch, but are expected to stay in the viewing area. We ask that you do not talk to your athlete/coaches during their practice time.

As a parent, your biggest responsibility is to be a supporter of your athlete. If you have questions or concerns regarding your athlete or the program, we ask that you first contact your athlete's coach via email, phone, or speak with them before or after practice. It is our goal to practice confidentiality of our athletes, so please keep this in mind when addressing concerns. If you cannot resolve an issue with the head coach, you will then contact the Xcel Director (Nicole Schleske) via the same policy. *When concerned about an issue it is best to give yourself/coaches/athletes 24 hours to cool down and consider all sides before addressing the issue.

At all USAG sanctioned events, parents are not allowed on the competition floor. The only time a parent should address any host of the meet is to thank them. Parents should NEVER address the State or Region Chairperson, judges, or other meet officials. Within the USA Gymnastics program there is an appropriate chain of command that must be followed. Parents are to always speak to coaches first, and we will follow the appropriate channels to answer your questions.

-BGC has a no tolerance policy for misconduct at an event. This could jeopardize your athletes spot on the team.

When we travel out of town to meets, parents/families/gymnasts are all representing our club. We want to ensure professional and appropriate behaviors wherever we go.

Timeliness is important. It is important gymnasts are on time/early to practices and meets. We use every moment we have with them, and when they are late they miss out.

Athlete Expectations

-Athletes in this program are expected to be professional, respectful, and have good sportsmanship. When we take gymnasts to meets, parents will not have contact with them until the end of the meet. Athletes are representing our club while they are at a meet. We expect our athletes to be on their best behavior while in our gym as well as other gyms. Gymnastics is a tough sport and it requires their 100% commitment and focus. During practices, athletes are expected to do their best, follow directions, be respectful, work hard, have good sportsmanship, and be effective team members.

-BGC values being both a gracious winner and loser. Every athlete will encounter failures and setbacks as well as great successes. Athletes will handle these situations with professionalism and humility. We are all a TEAM and will support each other through thick and thin.

-Athletes are responsible for learning and knowing their routines, keeping track of their things, and being where they need to be when they need to be there.

-Athletes are expected to be runners at Fergus Falls Otters gymnastics meets. This is a way that we can support the entire gymnastics community.

-We expect athletes and parents to address coaches with concerns or needs. Communication is the key to success. This is a great skill for athletes to learn in and out of the gym.

-BGC has a no tolerance policy for bullying and misconduct at events OR practice. These things could jeopardize your spot on the team.

-Athletes are expected to keep grades up at school. Education should be your number one priority. If you are having an issue with this, please speak to a coach and we will help how we can.

-Please remember that you represent BGC outside of the gym as well. The things you say, do, and the choices you make reflect both yourself and our club.

-BGC expects all athletes to always give 100%, do their best, and have fun!

Parent Signed Agreement

**Please have all parents/guardians Sign*

I have read this document in its entirety. I, hear by agree to adhere to the conditions and policies covered in the BGC USAG Xcel Team Handbook.

Printed Name:

Signature

Date:

Athlete Signed Agreement

I have read this document in its entirety. I, hear by agree to adhere to the conditions and policies covered in the BGC USAG Xcel Team Handbook.

Printed Name:

Signature

Date:
