

Gold Coast Gymnastics is starting a USAG XCel Program.



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he purpose of the XCel Program (formerly known as the Prep Optional Program) is to present recreational gymnasts the opportunity to participate in competition and/or provide former Junior Olympic competitive gymnasts the opportunity to continue competition without the intense time commitment. At Gold Coast Gymnastics we feel it is important to provide every gymnast the opportunity to challenge her limits through practices and competitions. The XCel Program and Competitions are sanctioned by USA Gymnastics, the governing body of gymnastics in the United States. This program was developed to provide an alternative to the Junior Olympic Program (which requires a tremendous time commitment) in order to afford all gymnasts the opportunity to participate and compete in gymnastics, without the extreme time commitment.

XCel Program

- Similar to J.O. skills, but not as rigid in having to do certain skills at certain levels.
- More flexibility in learning skills that suit the athlete. Not as restrictive as to which skills the athlete can perform at each level.
- Remaining in this program even to the top level is unlikely to result in a college scholarship.
- Five current levels.
- This program allows kids to participate in other activities, even at the higher levels, as practice time is much more limited than the J.O. program.
- This program has the flexibility to move a little quicker to higher level skills than the J.O. program.

Junior Olympic Program

- Set skills from level 3-6, then set requirements for optional levels 7-10.
- Very set skills at each level, but basics are repeated to the point that athletes will reach a higher potential level in the future.
- If a child is unable to do a certain level 3-6 element, she is unlikely to be able to move up to higher levels.
- 10 levels, Gold Coast begins competing at level 4.
- At level 4 our athletes usually practice 10.5 hours/week, at level 5 and 6 usually 13.5 hours/week, and at level 7 and up 17 hours/week.
- This program refines and perfects the basic skills a lot longer, which can lead to a stronger future, but may also lead to burnout/boredom.

For more information or to express interest, please contact Cindi Brouwer @ 658-2825.