



**NATIONAL XCEL COMMITTEE MEETING**  
**Fort Worth, TX.**  
**May 10, 2016**

Meeting was called to order by Claudia Kretschmer (NXCC) at 8:30am.

Roll Call:

|                     |                    |
|---------------------|--------------------|
| Region 1            | Jill Preston       |
| Region 2            | Dianne Palmer      |
| Region 3            | Louise Janecky     |
| Region 4            | Paige Roth         |
| Region 5            | Nancy Gibson       |
| Region 6            | David Auger        |
| Region 7            | Jane Caruso        |
| Region 8            | Elaine Wulf        |
| NXCC                | Claudia Kretschmer |
| JO Program Director | Annie Heffernon    |

Claudia Kretschmer welcomed the committee members, congratulated everyone on a very successful season for the National Xcel Program, and thanked all the committee members for their hard work to make the program successful. She stressed the importance of maintaining the original philosophy of the program for the benefit of the athletes. The Xcel Program philosophy is one of inclusion that provides competitive opportunities for athletes of all abilities.

**I. REGIONAL REPORTS**

- Region 1 – Jill Preston reported approximately 35% growth in Region 1. Overall, the clubs are responding positively to the program and feel it is a benefit to the community.
- Region 2 – Dianne Palmer reported approximately 30% growth in Region 2. Approximately 650 athletes participated in the WA State Championships. Region 2 is pursuing a Regional Invitational and will be organizing one Regional Xcel Clinic in two states in the coming months (WA and OR).
- Region 3 – Louise Janecky reported approximately 22% growth in Region 3. There will be a Regional Invitational in Colorado.
- Region 4 – Paige Roth reported approximately 23% growth in Region 4. Reported 3500 athletes competed in the various Xcel State Championships and 2445 athletes qualified to Xcel Region 4 Championships. She conducted a survey in her Region for continued ideas for improvement and growth of the Xcel Program.
- Region 5 – Nancy Gibson reported approximately 24% growth in Region 5, with the Platinum and Diamond Divisions increasing the most. There is a Region 5 Xcel Regional Championship Meet with over 1100 athletes participating. Concerns include judges' education and tools to help distribute Xcel information and rules.
- Region 6 – David Auger reported approximately 27% growth in Region 6, with over 1000 athletes registered in the Platinum and Diamond Divisions. Concerned with difficulty restrictions but overall, clubs are embracing the program positively.
- Region 7 – Jane Caruso reported approximately 22% growth in Region 7. The first Regional Invitational will take place in 2017.
- Region 8 – Elaine Wulf reported approximately 27% growth in Region 8, mostly in the Gold and Platinum Divisions, indicating that more athletes are staying in the program longer. 4200 athletes qualified for and 2400 athletes are entered in Region 8 Xcel Championships.



II. MOBILITY

- A. Recommendation, effective August 1, 2016, to amend the Xcel entry requirements on page 7, II.C., page 8, [chart] of the *Xcel Code of Points* and page 48 of the *R&P* [chart and C.1.]. The Gold Division in NOT an entry division. The Mobility Score from Silver to Gold is 31.00 or 8.0 IES.

Motion: Elaine Wulf  
 Second: Nancy Gibson  
 In Favor: 5  
 Opposed: 0  
 Abstention: 3  
 Passed

- B. Recommendation to amend entry requirements from the Junior Olympic Program to the Xcel Program found on page 48 of the *R&P* to the following:

**XCEL AGE/ENTRY REQUIREMENTS AND MOBILITY SCORES OVERVIEW CHART**

| Division | Minimum Age Requirement          | Pre-requisite Scores                     | Entry Division from the JO Program |
|----------|----------------------------------|------------------------------------------|------------------------------------|
| Bronze   | Reached 5 <sup>th</sup> birthday | None                                     | JO Levels 1,2                      |
| Silver   | Reached 6 <sup>th</sup> birthday | None                                     | JO Levels 1,2                      |
| Gold     | Reached 7 <sup>th</sup> birthday | 31.00 AA at Silver Division or 8.0 IES   | JO Levels 3,4                      |
| Platinum | Reached 8 <sup>th</sup> birthday | 31.00 AA at Gold Division or 8.0 IES     | JO Levels 5,6                      |
| Diamond  | Reached 9 <sup>th</sup> birthday | 31.00 AA at Platinum Division or 8.0 IES | JO Levels 7,8,9, 10                |

Gymnasts with previous JO experience currently in the Xcel program are not affected by this change.

Motion: Paige Roth  
 Second: Elaine Wulf  
 In Favor: 7  
 Opposed: 0  
 Abstention: 1  
 Passed

- C. Recommendation to amend page 48, C.4.in the *R&P* and page 7, 2.F. in the *Xcel Code of Points* to the following: Any gymnast who has had previous competitive experience in programs outside of USA Gymnastics must petition to enter at Gold and above by submitting a formal written request to the State Administrative Committee.

Motion: Nancy Gibson  
 Second: Dianne Palmer  
 In Favor: 6  
 Opposed: 2  
 Passed



### III. GENERAL

- A. Recommendation to increase the warm-up time for the Diamond Division to 2 minutes per athlete.  
Motion: Jill Preston  
Second: Dave Auger  
Passed Unanimously
- B. Recommendation to amend page 70, G.3.c. in the *R&P* and Page 188, 3.E. in *Xcel Code of Points* to the following: If, after the completion of the last event, an athlete's AA score is a maximum of 0.10 less than the qualifying score to the State (or Regional) Championships, the coach may submit an inquiry for the gymnast's lowest scoring event in order that the athlete be considered for qualification purposes. This also applies to IES.  
Motion: Dianne Palmer  
Second: Jane Caruso  
Passed Unanimously
- C. Region 6 brought forward a proposal for an additional Xcel Division above the Diamond Division or possibly modifying the requirements for the Diamond Division. The Xcel Committee will explore this option for possible implementation in 2018. It is recommended to allow an Open Division within the Diamond Division rules to accommodate the athletes who may be former JO Level 9 or 10 JO athletes who are now participating in the Xcel Program.

### IV. VAULT

- A. ~~Recommendation to amend page 55, B.1.c. of the *R&P* to the following: For Silver Division Vault, the mat stack must be 20 cm (8") (+ 10 cm (4")) above the height of the table.~~  
Motion: Dianne Palmer  
Second: Jill Preston  
In Favor: 3  
Opposed: 5  
Defeated
- B. Recommendation in conjunction with the National Technical Committee, that for Platinum only, assign a 9.8 Start Value to the following vaults in the *Xcel Code of Points*:
- 1.101 – Handspring Forward
  - 1.103 – Yamashita
  - 1.106 –  $\frac{1}{4}$  -  $\frac{1}{2}$  (90° - 180°) turn on –repulsion off
- Motion: Jane Caruso  
Second: Paige Roth  
Passed Unanimously

Adjourned at 12:15pm.