

NEW XCEL PROGRAM PROVIDES CLUBS WITH OPPORTUNITIES TO RETAIN GYMNASTS

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2013 is an exciting year for the women's gymnastics community. The women's new Junior Olympic compulsory routines already have been unveiled, and now USA Gymnastics is introducing the new Xcel Program, formerly known as the Prep-Optional Program. The Xcel Program is national in scope and provides uniform rules and guidelines for a broad-based, affordable competitive experience outside the traditional Junior Olympic Program, which will help clubs attract and retain a diverse group of athletes.

Just think about the great experiences our Junior Olympics athletes have from being on a competitive team, traveling to meets, earning awards and making lifelong friendships. Now, the Xcel Program offers an opportunity for a wider variety of gymnasts to enjoy these same unique experiences.

All coaches and club owners have lost gymnasts for a variety of reasons: other activities, financial burdens, fear of certain skills, wanting to do high school gymnastics, additional training hours required at the next level, etc. Through the new national Xcel Program, clubs now have a way

to retain these athletes through a more flexible and less demanding program. With a focus on participation, gymnasts have an opportunity for successful and rewarding competitive experiences, as well as team camaraderie and the ability to progress through Xcel's five divisions.

MOBILITY

The Xcel Program is comprised of five divisions:

Bronze, Silver, Gold, Platinum, and Diamond. A gymnast from your recreational or pre-team program may enter Xcel in the Bronze, Silver, or Gold divisions if they satisfy the age requirement. To move from Junior Olympics to Xcel, a gymnast must follow the requirements listed in the Xcel Program Rules and Regulations, which can be found on the USA Gymnastics website, usagym.org/xcel.

For this season only, coaches have more flexibility to transition gymnasts into the Xcel Program. For example, if a coach has an athlete who is returning to the sport, has competed in high school or trained with another gymnastics organization, the coach may evaluate this athlete's skill level and decide which division is the best for her to enter. Once a gymnast is competing in the Xcel Program, she must earn a mobility score of 31.00 to move from Gold to Platinum, and 31.00 to move from Platinum to Diamond.


HOW THE NATIONAL XCEL PROGRAM BENEFITS CLUB OWNERS

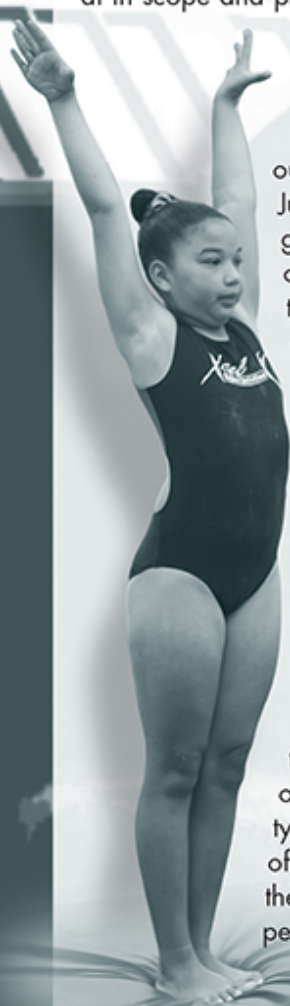
The Xcel Program is designed for gymnasts who might not have continued gymnastics, which means club owners benefit by retaining athletes, expanding enrollment, and providing

an enriching gymnastics experience for a wider array of athletes. This is a win-win program for clubs and gymnasts. By keeping athletes involved through Xcel, the club's enrollment numbers are maximized while hours of gym use are minimized, potentially resulting in increased club profits. Plus, Xcel competitions are a great place for training new coaches in the details of USA Gymnastics-sanctioned meet protocol.

GET STARTED!

The Xcel Program is an exciting new venture for USA Gymnastics. So what are you waiting for? Get an Xcel Program started at your club today!

Learn more about developing the Xcel Program at your club by attending National and Regional Congresses. For more information, visit usagym.org/xcel. 



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