

# Victory Sports Center's

## Girls Competitive Team

Victory competes under the rules and regulations set forth by USA Gymnastics. Our Entry Competitive Team is called Xcel. Each level is designed to help the gymnast attain the skills needed to become an upper level athlete. In the Xcel program, the gymnasts may earn the opportunity to compete in the TN State Championships. Once the gymnast moves through the levels of Bronze, Silver & Gold, the gymnast can advance on to the Optional team program or continue in the Xcel program to the Platinum and Diamond levels. The optional program consists of levels 6-10. At the optional level, each gymnast will have a unique individual routine, specifically designed to show their strengths. Gymnasts performing at these levels may earn the opportunity to compete in the TN State Championships and Regional Championships. Levels 9 and 10 may earn the opportunity to compete in the USA Gymnastics National Championship.

The foundation of the Xcel level is based upon improving basics, flexibility and physical ability. Xcel levels introduce and/or present competition to both the athlete and the parent; providing an exciting and enjoyable experience for the involved families.

At the optional level the gymnasts will be building more off of their basics and flexibility, striving for excellence. High standards are set for these gymnasts. They are now veterans to the sport and have shown that through the love of the sport, they want to take their gymnastics career to the next level.

As a member of our competitive team, our athletes must demonstrate dedication, focus and determination to create a positive and productive learning experience in the gym. It is our goal to help each athlete achieve their goals and experience success in every level of competition. We strive to develop and encourage confident and serving, driven young athletes and hope to instill in them the willingness to apply their learned self-discipline not only in the gym, but in all areas of life.

Competitive gymnastics is a year-round sport. It is vital to the athlete's success that they participate all year to achieve their goals. Our current training program starts in April with our continuing gymnast working on basic skill development. In, June we add new team members and focus on increasing flexibility, strength and skill development. Then in August, we transition into our maximum strengthening and flexibility, and skill mastery stage. Once we enter October flexibility and strength is maintained and routine parts are being polished. From November to March is competitive season, with Regional and National Competitions happening in April and May. Taking breaks longer than a week vacation during any part of training or our competitive season will hinder them in excelling in their gymnastics. Any break longer than 2 weeks, without injury, will result in a possible withdrawal from team by coaches.

We welcome you and your gymnast to our team. We are excited to watch the personal growth of each athlete mentally, physically and spiritually.

Thank you,

Victory Sports Center Team Staff

# Pre-Team Program

## **What is Pre-Team?**

Victory Sports Center's pre-team gives the gymnasts the opportunity to learn routines which they will perform for family, friends, and gyms in surrounding areas in fun competitions. The demands for pre-team are much less than our competitive team, however it requires more commitment than recreational classes and allows the gymnast and their family to learn more of what it takes to be a part of the competitive gymnastics team.

## **Who is eligible?**

The pre-team is by invitation only, or through try-outs. The gymnast must be turning 5 years old before allowing to compete to be placed on the pre-team. Competition season starts November and ends in March.

## **What is the mission of Victory's Pre-Team?**

Our mission for the pre-team girls is to promote self-confidence and team bonding through gymnastics in a fun, competitive environment. They will continually work and improve on their gymnastics skills so they are prepared to advance to the compulsory level. During the athlete's time on pre-team our staff will work, not only on the athlete's knowledge and expectations of gymnastics, but the parents' as well.

## **How many times per week do the girls practice?**

The Pre-team will practice 2 hours per week.

## **How much does it cost?**

Stars tuition is \$110.00 a month

## **What else is included?**

At this Level the girls will have a tank team leotard. That will be separate from your tuition. The leotard will be no more than \$50. There will also be added meet fees for any meets that we attend outside of our facility. The cost will vary between \$85-100 per meet.

The next page explains what is to come as your gymnast progresses toward our competitive team. →

# Xcel Girls Team

## **At what level do the girls go to competitive meets?**

Victory starts their competitive program at Xcel Bronze. They must be 5 years old to compete as an Xcel Bronze gymnast. Our Xcel program consists of Bronze, Silver, Gold, Platinum and Diamond.

## **How many meets do they attend during their competitive season, and when is their “season?”**

Our Xcel team will attend 4-7 meets a year, which includes the TN State Championships.

Their “competitive season” is from November-March. Their “training season” is from April -October. Attendance during our training season is just as important as attendance during competition season.

## **How often do they practice?**

The Xcel Bronze gymnast will practice 2 hours each week.

The Xcel Silver gymnasts will practice 3 times a week for 2 hours each day

The Xcel Gold – Diamond gymnast will practice 3 days a week for 3 hours each day

## **How much does it cost?**

The Xcel Bronze tuition is \$150.00 a month

The Xcel Silver tuition is \$170.00 a month

The Xcel Gold - Diamond tuition is \$195.00 a month

## **What other fees are involved with competitive gymnastics at this level?**

Once the gymnasts start traveling to meets there are Meet/Coaches Fees. As well as each gymnast's USAG membership cost. The meet fees are what it costs for each gymnast to compete in the meet, their entry fee, which ranges from \$85-\$110 per meet, and the team fee. Coaches fees are paid to cover coaches travel, hotel (if needed) and work at each meet. The USAG membership fee is an annual fee each year the gymnast competes. This fee is \$100 per gymnast for All Levels.

**Leotard and Warm-ups:** Half of the leotard/warm-up cost is due at the time of order. The other half is due when everything comes in.

**Xcel Bronze** gymnasts will compete in a tank leotard and will have a warm-up and bag.

**Xcel Silver thru Diamond** gymnasts will compete in a long sleeve leotard, a tank leotard for practices and warm-up as well as a back pack.

# Optional Girls Team

## **How many meets do they attend during their competitive season, and when is their “season?”**

The optional girls will compete in 6-7 meets a year, including TN State Championships. Their competitive season is from November to March. If they qualify for Regionals at State Championships then they will compete in April at Regionals. As a level 9 or 10 if they qualify for Nationals at Regionals then they will compete in May at Nationals. Their training season is from April/June till October.

## **How often do they practice?**

The Optional girls practice 4 to 5 days a week for 3.5 hours each day.

## **How much does it cost?**

Monthly tuition for 4 days a week is \$245.00

Monthly tuition for 5 days a week is \$260.00

## **What other fees are involved with competitive gymnastics at this level?**

- Meet Fees
- Coaches Fees
- USAG Membership Fees
- Individual routine choreography fee (\$200 for beam and floor)

**Leotard and Warm-ups:** Half of the leotard/warm-up cost is due at the time of order. The other half is due when everything comes in.

Optional girls will compete in a long sleeve leotard. They will also have a warm-up and back pack.