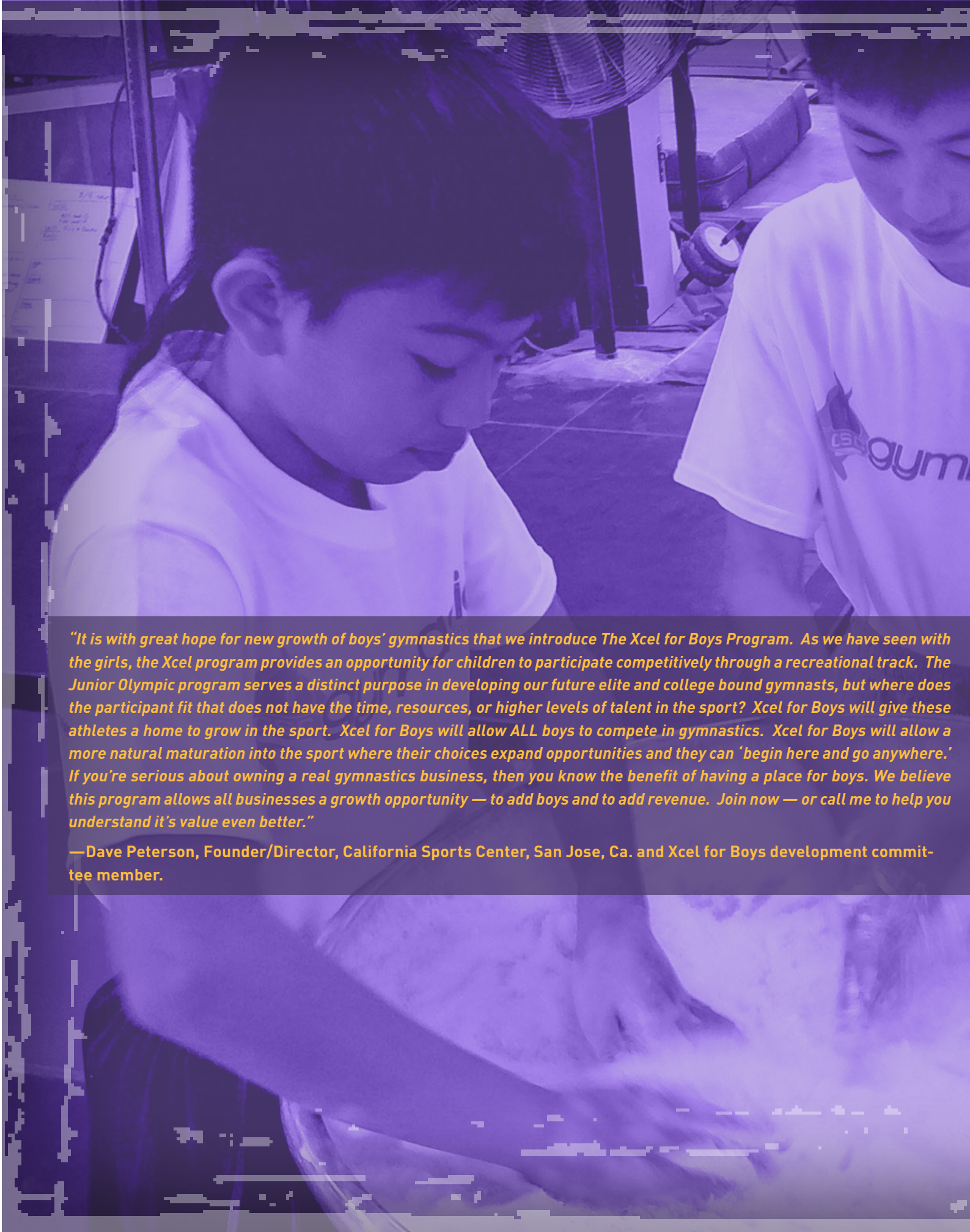


HOW TO START AN

 **cel FOR BOYS
PROGRAM**





"It is with great hope for new growth of boys' gymnastics that we introduce The Xcel for Boys Program. As we have seen with the girls, the Xcel program provides an opportunity for children to participate competitively through a recreational track. The Junior Olympic program serves a distinct purpose in developing our future elite and college bound gymnasts, but where does the participant fit that does not have the time, resources, or higher levels of talent in the sport? Xcel for Boys will give these athletes a home to grow in the sport. Xcel for Boys will allow ALL boys to compete in gymnastics. Xcel for Boys will allow a more natural maturation into the sport where their choices expand opportunities and they can 'begin here and go anywhere.' If you're serious about owning a real gymnastics business, then you know the benefit of having a place for boys. We believe this program allows all businesses a growth opportunity — to add boys and to add revenue. Join now — or call me to help you understand it's value even better."

—Dave Peterson, Founder/Director, California Sports Center, San Jose, Ca. and Xcel for Boys development committee member.

USA Gymnastics believes that every boy should have the opportunity to “play the game” and be part of a team regardless of skill level. The Xcel for Boys program is the next step for a male gymnast in the earlier stages of learning gymnastics interested in competing in team competition at a recreational level.

The USA Gymnastics Boys Essential Elements Program is a helpful tool to better understand the foundation of the Xcel Program for boy’s gymnastics. The Boy’s Essential Elements program is a cost effective program designed for levels 1–3. The program, can be easily implemented in a variety of environments and facility locations. The Xcel for boy’s program is an extension of this idea.

WHOM IS THE XCEL PROGRAM FOR?

The Xcel Program is designed to offer a broad-based, affordable competitive experience outside the traditional Jr. Olympic Program to attract and retain a diverse group of athletes.

Xcel is a great program for gymnasts that:

- Are at a variety of levels, abilities, age and commitment levels and want to enjoy the benefits gymnastics has to offer while having more flexibility than the Junior Olympic Program.
- Have a passion for gymnastics and want to stay involved in the sport for the long term, but do not neces-

sarily have national or elite level competitive goals.

- Are busy with other activities or sports but still want to be active in the sport as a competitive or non-competitive gymnast.

WHAT DOES THE XCEL FOR BOYS GYMNASTICS PROGRAM LOOK LIKE?

- The Xcel Program consists of three competitive levels: Bronze, Silver, and Gold.
- Age groups will be determined by each individual state.
- Competition organization will be determined by each individual state but will follow USA Gymnastics event sanctioning requirements.

HOW TO START AN XCEL FOR BOYS PROGRAM

- Visit the USA Gymnastics website at www.usagym.org.
- Click on the word MEN on the top menu bar. This will take you to a page for the Men’s Program.
- Click on the Xcel Program on the left hand side menu bar
- Click on the Xcel Program Overview to review and learn about the Xcel Program for boy’s gymnastics.
- Click on Xcel for Boys to download the program

manual that provides detail on the special requirements, skills, and important information for the program.

- Click on the Xcel Program Updates for updated information regarding the Xcel Program for boy’s gymnastics and rules within the three levels of the program.

WHY SHOULD MY GYM START AN XCEL PROGRAM?

Starting a program can be an easily adjustable process depending on a club’s resources.

If a club already has a boy’s competitive team program in place, they have equipment, space, and staff to work with. The Xcel for Boys Program is a cost efficient program that provides a more flexible training schedule for the gymnast and parent without eliminating the excitement of competing. With this program, the gymnast can stay actively involved in other programs while still being competitive in gymnastics.

With Xcel for Boys, gymnasts can move quickly from class-style introduction to the sport into a team-style format without requiring a high level of skill mastery that normally takes years to acquire. Xcel for Boys, offers benefits for both the parent and athlete. The athletes have the opportunity to be on a boys’ team and receive the same benefits as the higher level teams without the generally higher expenses or travel costs.





USA GYMNASTICS

BOY'S PROGRAM

EDUCATIONAL RESOURCES

How to Start a Boys' Gymnastics Program Guide

(Available on the [Men's Program](#) page on [USAGym.org](#))

Essential Elements

(Available in the USA Gymnastics [Technical Materials Store](#))

The Men's Program App

(Available on [USAGym.org/Apps](#))

M200 Men's Development Coaches' Course

(Available on the [Education](#) page on [USAGym.org](#))





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