

Excel Gymnastics Girls Pre-Team - participates in the USA Gymnastics XCEL Program
We call them the

EAGLES



EAGLES SKILL REQUIREMENTS PER LEVEL

	Vault	Bars	Beam	Floor
Bronze	Run jump off spring board to handstand flat back drop, straight body	<ol style="list-style-type: none"> 1. Able to do 4 skills in a routine 2. Glide swing and return 3. Pull over 4. Cast to 45 degrees 5. Back hip circle 6. Dismount (can be jump off bar and stick landing) 	<ol style="list-style-type: none"> 1. High Tuck jump 2. Heel snap half turn 3. Small Handstand 4. Dismount (jump off to stick) 	<ol style="list-style-type: none"> 1. Handstand forward roll 2. Cartwheel 3. Rounoff rebound stick 4. Back roll to push up 5. Working on Backhandpring 6. Leap or jump with 120 deg leg split 7. Half turn on one foot
Silver	Run jump off spring board to Handstand flat back drop over table onto resi mat	<ol style="list-style-type: none"> 1. Able to do 5 skills in a routine 2. Glide swing and return 3. Pull over 4. Cast to 65 degrees back hip circle 5. Dismount-either; undershoot or toe circle 	<ol style="list-style-type: none"> 1. Half turn on one foot 2. Split jump with 90 deg. split 3. Split leap with 90 deg. split 4. Handstand to vertical 5. Any acro skill 6. Handstand ¼ turn Dismount 	<ol style="list-style-type: none"> 1. Handstand forward roll 2. Cartwheel 3. Walkover with straight legs (back or front) 4. Roundoff Backhandspring 5. Back roll to push up 6. Leap or jump with 150 deg split 7. Full turn on one foot, finish in releve
Gold	Front handspring vault over vault table	<ol style="list-style-type: none"> 1. Able to do 6 skills in a routine 2. Working on and close to Kip 3. Cast to horizontal 4. Back hip circle 5. Cast Squat onto low bar, jump to catch high bar 6. Tap swings 7. Dismount (can be swing half turn jump off high bar) 	<ol style="list-style-type: none"> 1. 1/1 Turn on one foot 2. Split jump, 150 deg split, tuck jump 3. Split leap 150 deg split 4. Vertical handstand balance 1 sec. 5. Cartwheel 6. Handstand, balance 1 sec, ¼ turn Dismount 	<ol style="list-style-type: none"> 1. Roundoff 2 Backhandsprings 2. Front handspring rebound stick 3. Straddle Jump & 4. Split Leap with 180° split 5. Full turn on one foot, finish in releve

Platinum and Diamond levels need to schedule a time and discuss their skills with the coaches

COMPETITIVE SEASON 2018

- Gold, Platinum & Diamond Levels: January 5 through April 29; actual schedule below
- Bronze & Silver Levels: April 6 through June 10; actual schedule below
- The Eagles practices 1, 2 or 3 days per week, Monday, Wednesday, Friday
- Excel will participate in 3-4 regular season competitions and hopefully State Championships

COSTS

- Tuition per month: 1 day-\$194, 2 days \$344, 3 days \$480
- Uniform: We keep the uniform to a minimum of just the Leotard (~\$30-\$50) unless everyone agrees that they want more accessories such as, Capri pants, warm-up jacket or gym bag. These decisions are totally up to you parents, cost obviously go up.
- USA Gymnastics Introductory Athlete Membership, \$25
- Meet Entry Fees: Regular Season meet: ~\$65 per meet, State Meet ~\$75-\$80
- Coaches Fees are divided by the number of athletes that participate in that meet
 - Session fees \$50 per session
 - Mileage \$0.50 per mile
 - Per Diem if applicable \$30 day
 - Hotel if applicable ~\$80-\$100 per night

EAGLES COMPETITIVE SCHEDULE 2018

Date	Location	Level(s)	
January 13-14	Gymnastics Unlimited 525 W 115 th Ave Northglenn CO 80234	Gold	
February 9-11	Winterfest Classic hosted by CGI @ The University of Denver, Ritchie Center & Gates Gymnasium 2240 Buchtel Blvd S Denver CO 80210	Primarily Gold. Silver & Bronze are welcome to participate. Entry Fee: Xcel \$65, JO Comp \$75, JO Op \$120 Deposit and roster due by 12/1/17	Women's College meet Saturday night. DU vs. West Virginia and George Washington
March 9-11	Xtreme Altitude Gymnastics 1405 S Public Rd Lafayette CO 80026	Primarily Gold. Silver & Bronze are welcome to participate.	
March 30-April 1	Grand Junction (Kidzplex) 609 25 Rd Grand Junction CO 81505	Primarily Gold. Silver & Bronze are welcome to participate.	
April 14-15	Evergreen Gymnastics 5300 S Olive Rd Evergreen CO 80439	Gold, Silver, Bronze	
April 20-22	Gold State Championships hosted by Peak Athletics 399 Dad Clark Dr Highlands Ranch CO 80126	Gold	
May 4-6	Synergy Gymnastics 800 Airport Rd, Suite 9 Rifle CO 81650	Bronze, Silver	
Saturday, May 26	Excel Gymnastics	Primarily Bronze & Silver. Gold is welcome to participate.	We hope all of the eagles can participate in our home meet
June 1-3	Silver State Championships hosted by Xtreme Altitude Gymnastics 1405 S Public Rd Lafayette CO 80026	Silver	
June 8-10	Bronze State Championships Hosted by Colorado Gymnastics Inst 15540 E 6 th Ave, Unit A Aurora CO 80011	Bronze	