



HAVEN GYMNASTICS

1500 W. CHESTNUT ST.
WASHINGTON, PA 15301
CHEERHAVENALLSTARS.COM

HAVEN GYMNASTICS XCEL TEAM PACKET

2024-2025



ATHLETE & PARENT INFORMATION

HAVEN XCEL GYMNASTICS PROGRAM

www.reallygreatsite.com

WHAT IS XCEL GYMNASTICS?

The Xcel Program is an alternative USA Gymnastics competitive program offering individual flexibility to coaches and gymnasts. The goal of Xcel is to provide gymnasts of varying abilities and commitment levels the opportunity for a rewarding gymnastics experience. So many students want to experience competing on a team. Other programs (schools, city recreation departments, YMCA's, etc.) have provided team opportunities for students of all levels for years. With Xcel, you can offer that team experience to many of your students. . Emphasis is on execution, not difficulty, giving the gymnast the ability to perform the skills she does best. By personalizing routines and skill choices, athletes may require fewer workout hours and will remain competitive. With a less demanding workout schedule, a gymnast may have time for other activities and will not have to make that "all or nothing" decision between activities.

OUR MISSION

It is our mission to provide a Haven for athletes to gain and maintain a love for gymnastics. Our Staff is united for our athletes, to challenge limits and beat expectations. We will always do our best to "rise high" when faced with difficult situations, on and off the gymnastics floor. The progress our athletes see in positive and productive surroundings can be amazing. We will continue to dedicate our energy, love and time to help each child reach their full potential.





Xcel Competitive Levels

There are currently 6 competitive levels in the Xcel Gymnastics Program. Xcel athletes will generally be working on skills for the next season and only compete skills which are considered competition ready.

To be considered to advance to the next level a gymnast must, at the bare minimum, obtain an all around score of at least a 35.50 at a min of 2 separate competitions. The gymnast must also demonstrate a level of maturity, work ethic and self motivation appropriate to the level they would be advancing to. There may be exceptions to these rules, depending on circumstance. We ask that you trust our coaches; they are professionals and are committed to doing what is best for your child and their development in this sport.

Bronze

- Vault: Handstand Flatback
- Bars: Pullover, Cast, Back Hip Circle, + "A" Dismount
- Beam: Lever or Lever Hop, Pivot Turn, Straight jump, + "A" Dismount
- Floor: Two Skill Tumbling Pass, Half Turn, Leap + Jump, Additional "A" Single Tumbling Skill

Silver

- Vault: 1/2 On OR Front Handspring over mat stack
- Bars: Glide, Pullover, Cast, Back Hip Circle, Underswing or Squat On
- Beam: 3/4 Handstand or Cartwheel, 1/2 Turn, 90 Degree Split Jump, Side Handstand OR Roundoff Dismount
- Floor: Two Skill Tumbling Pass (must contain a roundoff with proper form), Full Turn, Leap + Jump, Additional "A" Single Tumbling Skill with flight OR another 2 skill tumbling pass

Gold

- Vault: 1/2 On OR Front Handspring over vault table
- Bars: Glide, Pullover, Cast, Double Back Hip Circle OR Front Hip Circle, Squat On, Tap Swings with dismount from high bar
- Beam: Minimum of Handstand AND Cartwheel, Full Turn, 120 Degree Split Jump or Leap + additional dance element, Side Handstand 1/4 turn OR Roundoff Dismount
- Floor: Roundoff Back Handspring & Roundoff 2 Back Handsprings OR Front/Back Tuck or Aerial, Full Turn, Leap to 120 degrees + Jump,



FINANCIAL OBLIGATIONS

WHAT ARE THE FINANCIAL OBLIGATIONS?

There is a \$40 annual membership fee per child payable to Haven at the beginning of each season.. There is also a USAG membership fee that will need to be paid to USAG via their website. All Xcel levels are \$63.00 (\$25 for new USAG members.) The team tuition is determined on a yearly basis starting at the beginning of June; however, payments are made on a monthly schedule. You are paying for 12 months (each with an average of 4 weeks) thus, you are only paying for 48 weeks per year to allow for holidays and other practices missed. Because of this, tuition cannot be prorated for absences or closures of any nature. Everyone is required to maintain a debit/credit card on file for team tuition and other expenses. Payments will be automatically drafted on the 1st of each month and will include any prior outstanding balances on your account. Gymnasts will not be allowed to practice if their account is not current. Please do not bring them to practice and create an uncomfortable situation for your child and their coach if you have not paid. If your account is past due by the 15th of each month a \$20 late fee will be issued. Your child(ren) will be continuously enrolled in class and will incur monthly tuition charges on your account until you inform Haven Cheer & Gymnastics in writing. A 30 day notice is required for withdrawal from a team Credits are valid for one year from the date of issue. Class tuition cannot be prorated due to absences. There are no credits or refunds for missed classes.



ADDITIONAL REQUIRED FEES

Apparel Package

- Competition Leotard
- Warmup Jacket and Leggings
- Team Backpack

Competition Fees

Competition Fees are estimated each season based on the number of competitions the team plans to attend. The total is split over 9 months and is billed monthly on the 1st alongside tuition costs. Competition fees cover the athlete's entry to the meet as well as the team entry fee and coaches fees as compensation for their time and travel costs.

Summer Camp

Each summer, Haven Gymnastics hosts a summer camp for its Xcel athletes. Summer camp is a week of intensives on all events to help athletes perfect current skills as well as gain new skill for the next season! Attendance is mandatory for all Xcel team members.

Summer Camp 2024 Dates: July 8-12th, 2024

Floor Routines

Choreography – Gold & Above.: Each gymnast will have their own floor routine that will need to be choreographed. You are responsible for the cost of the routine & music. The gymnast must submit 3 music choices for approval prior to getting choreography. Floor routine choreography is \$150 which includes one 2.5 hour session with the choreographer. You are responsible for video taping the choreography and practicing it. They keep each routine for a max of 2 years before having to get a new one.



Practice Commitments

Attendance is extremely important in the sport of gymnastics. Practices cannot be made up therefore, every missed practice puts your gymnast behind in learning the skills required to compete at their level. We understand that many of our athletes participate in other sports and encourage all of our athletes to be well rounded - understand that missed practices due to other sports may put your athlete on a slower track to advancing within our program.

Bronze

Two Practice Days Per Week -
2 Hours Per Practice (4 Hours Weekly)

Silver

Two Practice Days Per Week -
2.5 Hours Per Practice (5 Hours Weekly)

Gold

Three Practice Days Per Week - Three 2.5 Hour Practices (7.5 Hours Weekly)



Parent Communication

All communications regarding the season is done via the BAND App. Please check the group regularly to keep informed and avoid missing important information. Each level has parent representatives to help keep everyone informed of team events, etc.

TEAM EVALUATIONS

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WE HAVE A NEW PROCESS FOR TEAM EVALUATIONS AND PLACEMENTS THIS SEASON!

New and Existing athletes will be invited to an evaluation day. All athletes will be evaluated on all four events and will be placed in a practice group for next season according to their current skill level. Practice group placements are at the discretion of Haven Gymnastics Staff and are final. All athletes will attend their assigned practices for the full season and will not be re-evaluated until May 2025.

Team commitments are due by the first practice of the new season.

**2024 EVALUATION DATES:
SATURDAY, MAY 11, 2024**

**TIMES TBA - MAY BE DIFFERENT FROM
CURRENT PRACTICE TIMES!**

***NEW HAVEN ATHLETES SHOULD EMAIL JACKIE
CODDINGTON FOR INFORMATION ON WHICH
EVALUATION TO ATTEND!**

jackie.cheerhaven@gmail.com





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QUESTIONS ABOUT NEXT SEASON?

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