



Boundless Gymnastics

USAG J.O. Team Overview

The Boundless USAG is a highly competitive team that is hand selected by our head coaches. These athletes are expected to train year round, attend all practices and compete during their competition season. These gymnasts aim to reach the Elite gymnastics program with additional goals to compete internationally and at the collegiate level.

The Women's Junior Olympic Program is divided into three major segments: levels 1 – 10.

- * The Developmental Levels 1 and 2 may be used as a non-competitive and achievement-oriented program for use within a gym's pre-team program, or they may be used as an introductory/recreational competitive program. States may also offer State Championships for these levels. (3 – 6 hours required per week)
- * The second part consists of Compulsory Levels 3 through 5. Both of these levels are progressive in nature, building upon the skills required at the previous level. Competitive opportunities are provided up to and including the USA Gymnastics State Championships. (6 – 15 hours required per week)
- * The third segment is Optional Levels 6 through 10. Levels 6 and 7 have difficulty restrictions, while Levels 8, 9 and 10 have no restrictions in the skill choice. Composition is evaluated at all Optional Levels, except Level 7. (15 + required)

These athletes are required to have sufficient flexibility, strength, coordination and emotional toughness.

A major part of our USAG J.O. program is dedication!

This is not for those athletes who wish to pursue other sports due to the hours and dedication needed to maintain the level of competition in the USAG J.O. program.

The purpose of the USAG J.O. team program is to guide each of our athletes to their full potential in competitive gymnastics while helping them develop an emotional strength that will help them through the sport and beyond.

In addition to learning gymnastics skills we aim to give every gymnast life skills and attributes that demonstrate a strong character. Competitive gymnastics will give gymnasts an opportunity to develop poise, discipline, mental toughness, determination, appreciation for dedication, and self-respect.

It is our goal that through competitive gymnastics we can help children achieve the skills to become strong, confident athletes and people.

We will offer every gymnast the best professional instruction in a well-organized, high quality program with an intense, but motivating environment.

We will strive to provide the emotional and physical discipline needed for competitive gymnastics with a **“never settle for less than your best”** mentality.

We want to produce athletes that have pride, confidence, and a drive to push their limits.

Evaluations for this team are done on an individual basis by our staff when we see progress in our recreational students or upon request by new students entering our program.