

Boundless Gymnastics

USAG Xcel Team Overview



The Boundless Xcel is a competitive team that is hand selected by our head coaches. These athletes are expected to train year round, attend practices and compete during their competition season. These gymnasts aim to reach the colligate levels of gymnastics.

The Xcel administration moved in a new competitive direction by eliminating the compulsory program, replacing it with a five level optional only competitive program that provides our Gymnasts and Coaches with a large variety of gymnastic skills to work with instead of mandatory restrictive compulsory skills. This league also allows specialist so that the gymnasts do not have to compete on every event they can specialist on two or three that they prefer.

Copper (pre-team) 2 – 4 hours

Bronze 4 – 6 hours

Silver 6 – 9 hours

Gold 9 – 12 hours

Platinum 12 – 16 hours

Diamond 16 -20 hours

The Xcel requires less training hours than competitive levels than USAG J.O.

Our Xcel Competitive Training program provides our gymnasts with the flexibility to pursue other interest outside of gymnastics, while still maintaining a competitive level of dedication. It also serves as a transitional league for those athletes who might have started late, taken a break from the sport or need to obtain more skills before joining the J.O. program.

Gymnastics makes very special individuals. Gymnasts tend to be a head above their peers and develop into strong, intelligent young ladies with excellent time management skills. Gymnasts become goal oriented, success driven, disciplined and learn to handle success and failure.

It is the process of becoming a gymnast that makes them special,
not scores, not placements or competitive levels.

At Boundless we encourage our girls to have the flexibility to move between our USAG J.O. and Xcel teams. If they find a love for gymnastics and want a more demanding program they can move into our USAG J.O. program. If they start on a J.O. team and find a love for another sport or activity then they can move into Xcel so that they can enjoy both.

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

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.