

BYRD'S COMPETITIVE GYMNASTICS TEAM 2017-18

USAG LEVELS 3-Xcel



Byrd's Levels 3-Xcel USAG Competitive Gymnastics Team is a selected group of gymnasts that compete in various Junior Olympic level gymnastic meets within the region which are sanctioned by USA Gymnastics (USAG). USA Gymnastics is the National Governing Body for the sport of gymnastics in the United States, the United States Olympic Committee and the International Gymnastics Federation. The mission of USA Gymnastics is to encourage participation and the pursuit of excellence in all aspects of gymnastics. In order to compete in USAG sanctioned events, gymnasts must register as an Athlete Member with USA Gymnastics.

Practice:

Levels 3-Xcel USAG competitive gymnasts will be required to work-out for a minimum of 3 days per week ranging from 8-13 hours. In addition to stretching and conditioning, the competitive team work-out structure includes all gymnastic events: Floor, Balance Beam, Uneven Bars, and Vault. Gymnasts learn a routine of skills on each apparatus and perform these routines at regional competitions.

Practice Schedule:

School Year Schedule (mid-Aug through May)

Level 3	Monday & Wednesday 5:00-8:00pm Friday 5:00-7:00pm
Level 4	Monday, Wednesday & Friday- 4:45-8:15pm
Level 5	Monday, Wednesday & Friday- 4:45-8:15pm Saturday 9:00-11:00am
Xcel	Monday & Wednesday- 4:45-8:15pm Saturday 9:00-11:00am

Summer Schedule (June & July)

Level 3	Monday & Wednesday 9:00am-12:00pm Friday 9:00am-11:00am
Level 4+	Monday, Wednesday, Friday 9:00am-1:00pm

Competition:

Most competitions for the USAG team will be within the greater Kansas City area and are hosted by various local gymnastic clubs; however some of the meets may be outside the Kansas City metro. Gymnasts compete in their own age group with all group participants executing the same routine for compulsory levels or similar skills and requirements for

optional levels. Gymnasts are judged by professional and qualified judges on different elements for each event and may be awarded ribbons, medals or trophies for their placement.

Commitment:

Becoming a member of a competitive gymnastic team requires a strong commitment of both the gymnast and the parent. It is important that the gymnast participate in every practice and maintain a year-round commitment to the sport in order to be successful. Competitive gymnastics is a highly rewarding sport that develops and enhances discipline, responsibility, goal setting, time-management skills, self-esteem and confidence. The physical and mental benefits will be carried with your child throughout their life.

Gymnastics team members must purchase
a team leotard and a warm-up.

Practice leotards are worn on designated practice days.

Team leotards are not to be worn for practice.

Expenses:

Gymnasts will participate in eight meets in addition to the State Championship for those that qualify. There is an annual coaching fee for all competitive gymnasts. This fee covers the costs associated with our competitive programs including safety certifications, professional memberships (for coaches), sanction fees (for athletes), background checks, higher training and coach's travel expenses related to out of town meets.

The following are included in your monthly fee:

- Tuition
- Practice Leotard
- Coaching Fee
- Meet Entry Fees

Monthly Fees:

Level 3 - \$259

Level 4 - \$303

Level 5+ - \$344

Xcel - \$281

The following are NOT included in your monthly fee and are charged separately:

- Team leotard \$150
- Team warm-ups \$150
- Choreography Fee \$350 (level 6+)

Monthly fees must be current in order for your child to be entered in competitions. Competition entries are sent off 90 to 120 days in advance of the event.

Those with past due accounts run the risk of their gymnast NOT being entered in a meet. We are not obligated to contact you about your past due account. We reserve the right to omit any gymnast's entry because of a past due account regardless if the meet fee is paid. **Team fees are non-refundable.**