Xcel Team Tryout Packet

2026 - 2027

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Our mission for our competitive teams at AAGI is to create a fun, positive, and safe environment where gymnasts can grow both in the sport of gymnastics and as individuals. Beyond teaching gymnastics, we aim to instill lifelong skills that will benefit them in life beyond the gym. Our goal is to build confidence, ignite passion for the sport, and support our athletes in pursuing their interests with the guidance and encouragement of their coaches. We are dedicated to supporting them in achieving their goals and inspiring them to embrace their full potential throughout their gymnastics journey.

At AAGI, we proudly offer a comprehensive Xcel program, ranging from Bronze to Sapphire, designed to accommodate gymnasts of all skill levels. What makes Xcel truly stand out is its flexibility, and the variety of skill development opportunities it provides. Our gymnasts train year-round, with dedicated practice hours tailored to each season—summer, fall, and spring. To enhance their experience, our expert team has crafted unique, personalized routines for every Xcel gymnast to enjoy!

By 8 PM on Monday, May 11th, 2026 you'll receive an email with your gymnast's tryout results and next steps for the AAGI Xcel Program!

Gymnasts Behavior Expectations & Guidelines

At AAGI, we hold our team gymnasts to high standards of attitude, effort, and respect. Every athlete is expected to demonstrate positive behavior toward coaches and teammates during practices, competitions, team events, and award ceremonies. As representatives of AAGI, gymnasts are expected to carry themselves with integrity at all times.

Disruptive behaviors — including disrespect, negative outbursts, defiance, or aggressive interactions — will not be tolerated. Our goal is to foster a disciplined, encouraging, and focused training environment where every athlete can thrive.

To maintain this standard, AAGI follows a structured Three-Strike System. All gymnasts are expected to understand and adhere to these expectations. Repeated violations may result in further disciplinary action, including suspension from practice, competitions, or dismissal from the AAGI Competitive Team Program.

<u>3 Strike System:</u>

First Strike: A verbal warning is given. The coach will clearly communicate the concern and document the strike.

Second Strike: A second verbal warning is issued. The gymnast will be asked to step out of practice to reset and reflect. She will sit next to the coach for 5–10 minutes. During this time, she may use the restroom and/or get water before returning to practice.

Third Strike: If the behavior continues after returning to practice, the gymnast will be dismissed from the remainder of practice (or longer, depending on the severity of the behavior). A parent will be contacted for immediate pick-up. While waiting, the athlete will sit in a designated area away from teammates who are still training.

This policy is designed to provide structure, accountability, and consistency while protecting a positive team culture. Our intention is always to guide, correct, and support — helping each gymnast grow not only as an athlete, but as a responsible and respectful teammate.

Parent Guidelines

The sport of gymnastics is both physically and emotionally demanding and requires strong, consistent support from home. The most effective parental approach is one that is unconditionally loving, encouraging, and aligned with the coaching staff to support the training process.

A positive and respectful attitude is expected from all parents while at the AAGI facility and throughout the competitive season. This includes showing respect to coaches, athletes, judges, and fellow parents at practices, competitions, and team events.

Please be mindful of conversations held in the parent viewing area. Negative discussions, gossip, or inappropriate language do not reflect the culture we are building at AAGI. We are committed to setting the best example possible for our athletes and fostering an environment built on encouragement, trust, and sportsmanship.

AAGI reserves the right to enforce a Parent Conduct Policy to ensure all families uphold the same standards of respect and behavior expected of our gymnasts.

Parent Communication

Clear and consistent communication is essential to a successful team experience. AAGI utilizes our Team App as the official and required platform for ALL team communication.

The Team App will be used for:

- Practice attendance and absences
- Schedule updates and changes
- Competition and event details
- Team announcements
- Meeting requests
- General team communication

It is each family's responsibility to regularly check the Team App and keep notifications enabled. This ensures you receive timely updates and important information regarding your athlete and the team.

For individual concerns or meeting requests, parents should contact the appropriate coach or director directly through the Team App. We encourage respectful, solution-focused communication at all times.

Parent Conduct Policy

At AAGI, we are committed to fostering a positive and respectful environment for our gymnasts, coaches, and families. Just as we hold our athletes to high behavioral standards, we expect the same from our parents.

To maintain a supportive atmosphere, the following Parent Conduct Policy is in place:

First Offense – A verbal warning will be given.

Second Offense – The parent will no longer be permitted to sit in the parent lobby during practices.

Third Offense – The gymnast may be suspended from competitive meets or, if necessary, dismissed from the team program.

We appreciate our families' partnership in maintaining a culture of respect, encouragement, and integrity within our program.

Time Commitments

Consistent attendance is a critical component of a safe, successful, and productive competitive season. Gymnastics is a repetition-based sport — skills must be practiced consistently and correctly in order to be safely mastered and built upon. For this reason, team gymnasts are expected to train year-round and attend all scheduled practices.

Being present and on time is essential for maintaining strength, endurance, flexibility, and overall performance readiness. Structured and consistent training allows athletes to safely develop speed, power, balance, coordination, and confidence while also reducing the risk of injury.

If an absence is unavoidable, timely communication with AAGI team coaches through the Team App is required.

Our expectations are in place because we hold our team athletes to a high standard of commitment and accountability. Being part of a competitive team with increased training hours means a greater level of responsibility — both in attendance and in attitude. Team gymnasts are leaders within our gym community and are expected to model strong work ethic, positive behavior, and dedication at all times.

Training Hours

Pre-teams- 2.5 hours
Xcel Bronze – 6 hours per week
Xcel Silver – 7.5 hours per week
Xcel Gold – 10.5 hours per week
Xcel Platinum – 10.5 hours per week
Xcel Diamond & Sapphire – 14 hours per week

Monthly Tuition 2026-2027:

Pre-teams- $207
Xcel Bronze - $281
Xcel Silver - $302
Xcel Gold - $324
Xcel Platinum - $324

Summer Practice Schedule- Beginning May 25th, 2026
Team Training Groups

For the summer training phase, athletes will not be placed directly into competition levels. Instead, gymnasts will be organized into training groups based on their current skill set and the specific areas they need to develop in order to progress successfully to future levels.

This structure allows our coaches to be more intentional with training plans, focus on individual athlete development, and ensure each gymnast is both appropriately challenged and safely progressing. Summer is a critical time for building strong foundations, refining basics, and preparing for long-term success.

At the conclusion of our summer training phase in July, official level placements for the upcoming competitive season will be determined. At that time, training groups will shift to reflect those finalized competition levels.

Our goal during the summer months is growth, skill development, and preparing each athlete for a confident and successful season ahead.

Group 1
Monday 4:30-6:30 & Wednesday 4:30 PM - 6:30 PM
Friday 4 PM - 6 PM
Monthly tuition: $281

Group 2
Monday 6:30-8:30 & Thursday 4:30 PM - 6:30 PM
Friday 4 PM - 7:30 PM
Monthly Tuition: $302

Group 3
Tuesday 6:30-8:30 & Thursday 6:30 PM - 8:30 PM
Friday 4 PM - 7:30 PM
Monthly Tuition: $302

Group 4
Monday 5-8:30 PM & Thursday 5:00-8:30 PM
Friday 4:00-7:30 PM
Monthly Tuition: $324

Group 5
Tuesday 5:00-8:30 PM & Wednesday 5-8:30 PM
Friday 4:00-7:30 PM
Monthly Tuition: $324

Financial Obligations

Competition Fees:

Payments for Xcel competition fees will begin in June 2026. The first payment of the competition fees will be a deposit between *$200-$550*. The remaining competition fees will be broken up into 8 equal payments *totaling between $1,500-$2,500*. The deposit and the list of which meets the athlete will be competing in are due by *June 15, 2026*, so that a personalized payment plan can be created.

Competition fees are contingent on how many competitions you select on your team contract. AAGI requires your gymnast to attend a *minimum of 3* competitions for the competitive year. As we gear up for the upcoming competitions, we want to ensure all potential team members are aware of an essential requirement: account balances, including tuition and meet fees, must be up to date for gymnast eligibility to compete.

*There will be no refunds of any payments made to AAGI Competitive Gymnastics Team Program for any reason including, injury, illness, dismissal, or inability to complete the competitive gymnastics season.

Leotards and Warm-ups:

AAGI gymnasts will be required to purchase a competitive warm-up and leotard. Typically, the price will range between *$200-$300* for their competition leotard and $100-$200 for competition warm-ups. Orders may take between 6-12 weeks for delivery.

Types of Competitions

- In-House – "Practice meet" Athletes will get scored by judges,and compete against teammates. This is required for all Xcel team members to attend.
- Invitationals – These are used for optional and Xcel gymnasts to obtain a qualifying score to continue on to the Sectionals, or State Championship. *AAGI hosts 2 invitationals each year*
- Sectionals - Xcel athletes qualify for sectionals. Scores at invitations determine if the athlete will progress to a sectional meet.
- State Meets – Xcel athletes qualify for State meets. Scores invitationals determine if the athlete will progress to a State meet.
- Regionals – Gold-Sapphire athletes qualify at State to compete against the top gymnasts in Texas, Arkansas, Colorado, Kansas, Oklahoma, New Mexico, and Wyoming.

All gymnasts on AAGI's Xcel Team are required to attend the in-house meet, and at least 3 additional meets per season.

We're excited to welcome gymnasts and families interested in exploring the AAGI Xcel Team and can't wait to see everyone on tryout day! If you have any further questions, please reach out to the coaches via email.