

USAG JUNIOR DEVELOPMENTAL PROGRAM

PROGRAM OVERVIEW

Our Junior Developmental Program, also known as Pre-Team, is designed for young gymnasts who show exceptional potential and are preparing to transition into competitive gymnastics. This program serves as the bridge between recreational classes and the Compulsory Team, focusing on skill mastery, discipline, and mental readiness.

Gymnasts in the Junior Developmental Program are closely monitored and assessed by our coaching staff. When ready, athletes may be invited to advance into the USAG Compulsory Team (Levels 2–5)

ACTIVITIES AND PROGRAMS

✓ Weekly Team Training

✓ In-house performances, evaluations, and goal-setting milestones

✓ Professional Coaching

✓ Skill progressions with purpose

Eligibility

- Minimum Age: 4 years old
- Skill Requirements: Evaluations are required for placement
- Tryouts and Team Evaluations are held seasonally.

Training Structure

- Levels: JDP1 (4-6) JDP2 (7-9)
- Practice Schedule: 2–3 days per week depending on level
- Training Focus:
 - Form, technique, and consistency
 - Focused training on bars, beam, floor, and vault basics
 - Strength, flexibility, and body awareness
 - Age-appropriate conditioning and mental focus drills

Team Expectations

- Introduction to team etiquette, structured warm-ups, and sportsmanship
- Consistent attendance and effort
- Parent involvement in team communications and events
- Commitment to the full season and team responsibilities

USAG DEVELOPMENTAL COMPULSORY PROGRAM

PROGRAM OVERVIEW

Our Compulsory Gymnastics Program provides a structured, progressive pathway for young athletes to develop foundational skills, discipline, and confidence in a competitive team environment. The program follows the USA Gymnastics Developmental Levels 2–5 and is designed to prepare gymnasts for Optional-level training. Led by certified and experienced coaches, our program emphasizes safe progression and individualized instruction. We provide a balance of challenge and encouragement to help gymnasts grow both physically and emotionally.

ACTIVITIES AND PROGRAMS

- ✓ Weekly Team Training
- ✓ Seasonal In-State Competition Schedule (Fall)
- ✓ Professional Coaching
- ✓ Skill progressions with purpose

Eligibility

- Minimum Age: 5 years old
- Skill Requirements: Evaluations are required for placement
- Tryouts and Team Evaluations are held seasonally.

Training Structure

- Levels: 2–5
- Practice Schedule: 2–4 days per week depending on level
- Training Focus:
 - Form, technique, and consistency
 - Routine development for competition
 - Strength, flexibility, and body awareness
 - Mental preparation and goal-setting

Team Expectations

- Consistent attendance and effort
- Positive attitude and sportsmanship
- Parent involvement in team communications and events
- Commitment to the full season and team responsibilities

USAG DEVELOPMENTAL OPTIONAL PROGRAM

PROGRAM OVERVIEW

Our Optional Gymnastics Program is designed for athletes who have progressed beyond the foundational skills of the Compulsory levels and are ready to personalize their gymnastics journey. Gymnasts in this program train at USA Gymnastics Levels 6–10, where routines are choreographed to highlight each athlete's strengths. Led by certified and experienced coaches, our program emphasizes safe progression and individualized instruction. We provide a balance of challenge and encouragement to help gymnasts grow both physically and emotionally.

Eligibility

Minimum Age: 8 years old
Skill Requirements: Must successfully test out of Compulsory Levels 4 & 5
Tryouts and Team Evaluations are held seasonally.

Advancement Opportunities

Our Optional Program serves as a launchpad for higher-level competitive gymnastics and opens doors to a wide range of athletic and academic pathways. As gymnasts progress through Levels 6–10, they become eligible for more prestigious and competitive events, as well as opportunities beyond the club environment.

1. Competitive Advancement:

- Athletes may qualify for State, Regional, and National Championships based on their all-around scores and placement at sanctioned meets.
- Level 9 and Level 10 gymnasts have the opportunity to compete at Westerns and National Championships, showcasing their talent on a national stage.
- Gymnasts who meet the criteria may also pursue Elite-level training and qualification, which serves as a gateway to international competition.

2. Collegiate Gymnastics Opportunities:

- For those aspiring to continue gymnastics at the collegiate level, the Optional Program provides a strong foundation for recruitment.
- Our coaching staff offers guidance through the NCAA recruitment process, including video submissions, resume building, and communication with college coaches.
- Athletes may be eligible for scholarships at NCAA Division I, II, and III programs, NAIA schools, or opportunities in collegiate club gymnastics.

Through rigorous training, competition, and teamwork, gymnasts develop lifelong skills such as resilience, time management, discipline, and confidence.

HOTSHOTS PROGRAM

PROGRAM OVERVIEW

Our Hot Shots Program is an advanced developmental training group designed for young, talented gymnasts showing exceptional strength, flexibility, coordination, and coachability. Based on the USA Gymnastics TOPs model (Talent Opportunity Program), this program focuses on building strong fundamentals early to prepare athletes for elite or high-level competitive gymnastics pathways.

Hot Shots training serves as a supplemental program in addition to each athlete's regular USAG Compulsory/Optional group training. Gymnasts selected for Hot Shots will train an additional 4–6 hours per week.

ATHLETE PROFILE

- ✓ Typically ages 4–8
- ✓ Shows strong work ethic, focus, and enthusiasm for training
- ✓ Demonstrates natural athleticism and coachability
- ✓ Homeschool to accommodate increased training demands
- ✓ Participate in National Testing and Elite Qualifiers
- ✓ Aspire to join the Women's National Team or earn Division 1 collegiate scholarships

PATHWAY & PROGRESSION

Gymnasts in the Hot Shots Program may be invited to:

- TOPs Testing (ages 7–10)
- Junior Elite Program (ages 10–15): Highly competitive, with national qualifiers and camps
- Senior Elite Program (ages 16+): The top tier of gymnastics, with opportunities to qualify for the U.S. National Team
- Pursue recruitment and scholarships from Division I NCAA gymnastics programs

Participation in this program is by invitation or evaluation only, based on coach assessment and developmental readiness.

USAG XCEL PROGRAM

PROGRAM OVERVIEW

The USAG Xcel Program is an alternative competitive program to the Development Program that provides gymnasts with a more flexible, individualized path in the sport. It emphasizes inclusion, athlete retention, and opportunities for gymnasts of varying abilities and commitment levels.

Xcel Divisions we offer are Silver, Gold, and Platinum. Each division has skill requirements that roughly parallel the Developmental Compulsory levels, though with more flexibility in skill choice and choreography.

ACTIVITIES AND PROGRAMS

- ✓ Weekly Team Training
- ✓ Seasonal In-State Competition Schedule (Spring)
- ✓ Professional Coaching
- ✓ Skill progressions with purpose

Eligibility

- Minimum Age: 5 years old
- Skill Requirements: Evaluations are required for placement
- Tryouts and Team Evaluations are held seasonally.

Training Structure

- Levels: Gold- Platinum
- Practice Schedule: 2–4 days per week depending on level
- Training Focus:
 - Flexible Practice Hours
 - Routine development for competition
 - Strength, flexibility, and body awareness
 - Individualized Routines

Team Expectations

- Consistent attendance and effort
- Positive attitude and sportsmanship
- Parent involvement in team communications and events