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Xcel Bronze I/II (age 6-12)**: 2021/2022 Invite Letter**

We are very excited to invite you to be a part of our 2021/22 Excel Team. The Xcel program is geared towards gymnasts that want to take their training and commitment past the level of recreational gymnastics. The Xcel program is a competitive program and the bridge between recreational and the WDP competitive programs.

Our goal is to provide the best training and opportunities for our young gymnasts that show great potential, ability and passion for the sport. This program will fall under gymnastic BC’s Xcel category at meets. Gymnasts, ages 6-12, have the opportunity to be part of our Xcel team, learn and master skills, and perform routines for Xcel judges at competitions. Xcel promotes a creative and positive competitive environment for gymnasts.

Our current Xcel program consists of five Xcel categories (Bronze I, Bronze II, Silver I, Silver II, & Gold) based on athlete age and skill level.

Xcel athletes will compete in the category appropriate to their skill set and age. Like the WDP program, athletes will compete in the level in which they have mastered all skills. As athletes master skills in each level they will progress to the next skill set/level. Routines will be learned on all apparatus, meeting appropriate level requirements. Athletes are judged and will be ranked at competitions.

All Xcel Team members are required to attend at least one week-long summer Artistic training sessions in August but have the option to attend more. Information/registration for summer training is available online under the ‘Summer’ tab at the top of the home page. **Bronze I/II** Xcel Team members are required to train a minimum of 2 hrs per week (one 2 hr classes/wk) from September 2021 to June 2022 but can choose to train/attend additional classes. Participants who choose to attend more than the required one day a week class will receive a discounted price for their additional class(es).

Xcel Bronze I/II team members will be **required** to attend the Kelowna Invitational Meet (hosted by our gym in February) & the Fun In The Sun Meet (hosted by our gym in June). Athletes may also have the option to attend other meets outside of our gym. Please note this may require out of town travel. Monthly fees are based on class/training time, routine choreography sessions & exhibitions and differ depending on the days selected (due to stat holidays). Monthly fees are amortized over our 10 month season into equal monthly payments. Additional fees will include but are not limited to: a team bodysuit ($110-$160), jacket ($85-$95) membership fees, GBC insurance and associated Xcel competition/meet fees.

All ofour Xcel Team members have been selected for this program based on several factors that include technique/skill level, attitude, attendance, work ethic and family support. If you decide that you would like to be a part of this program please select age appropriate class(es), fill out the required forms **and submit to secure a spot.** We work on a first come basis and due to limited number of available team spots we encourage early registration.

If you have questions or concerns please feel free to contact us at any time via phone (250-300-1546), email ([crost2017@gmail.com](mailto:crost2017@gmail.com)) or in person meetings.

We look forward to a fun and exciting year!

Xcel Bronze I/II**: 2021/2022 Contract**

**Training commitments and requirements:**

* **Bronze I/II**  Xcel Team members are required to attend a minimum of one 120 minute classes per week from September 2021 to June 2022. Athletes do have the option to add additional training days if desired. Multi-day discount will be applied monthly. Refer to the Xcel Program for class days/times and monthly tuition (please note that times/days may be adjusted as fall schedule is finalized).
* Team members are required to attend at least one week of Artistic Summer Training in August. Days and times for these classes are available online under the ‘Summer’ tab found at the top of our website Home page.
* **Bronze/Silver** Xcel Team member families are required to complete a minimum of **3 volunteer hours** through the year.
* All Xcel Team members are required to attend 2 meets/competitions including the Kelowna Invitational (hosted by our gym in February) & the Fun In The Sun Meet (hosted by our gym in June). Additional meets are optional for BronzeI/II athletes.
* Additional training at other gymnastic facilities must be approved by the Head Coach.
* Each Team member will learn individualized routines on all apparatus.
* All members are required to attend choreography sessions for floor routines. These sessions are traditionally held during class but may be held outside of the regularly scheduled class time and/or on weekends if needed.
* All Xcel Team members are required to be on time & come prepared for class. This includes wearing appropriate gym wear (gymnastic training bodysuit is mandatory), hair tied back & bringing a water bottle.
* Gymnasts who are late for class/training may not be allowed in the gym for safety reasons. Gymnasts who are consistently late will be put on probation.
* Team members are required to fully participate in warm up & stretching as well as conditioning components. Gymnasts who do not or are unable to fully participate in warm up and stretching may be excluded from class due to safety reasons.
* Gymnasts who are more than 5 minutes late may be refused entry into the class due to safety reasons regarding warm-up and coaches class management.

**Regular Classes/Choreography/Performances:**

* All Xcel Team classes and indicated meets are mandatory.
* All members are to be on time for all classes and meets. If you are going to be late for any specific reason, please notify the coaches at 250-300-1546 (Cindy) or 250-300-0993 (Haillie).
* All team members will make coaches aware of any previously scheduled trips or events that may conflict with training &/or performance schedule asap.
* All Team members are required to participate in a minimum of 2 Meets within the 2021/22 season. Both are guaranteed to be attended locally. Additional meets are optional and may require travel not to exceed 500km one way.
* Your gymnast’s session at meets may be scheduled on any day(s) of the meet and specific day/ time will not be available until after final registration for the meet is finalized.
* All event expenses affiliated with the Xcel/Competitions Meets will be the sole responsibility of the Xcel Team member/family and must be paid on or before meet registration deadline. Note: Meet fees can range from $80-$140 per meet. Once signed up for a meet no changes will be made unless accompanied by a doctor’s note 5 days prior to the meet.
* There will be a $20-$40 fee for each meet attended to assist in covering coaching costs.
* Team bodysuit are mandatory and will the sole responsibility of the Performance Team member/family. Team members will NOT be allowed to participate in performance events if team attire is not worn. Please note: Team jackets will not be mandatory for the 2021/22 season.
* While wrap or wrist supports are not mandatory it is strongly recommended to prevent future injuries resulting from constant pressure on the ankles/wrists during skills/training.

**Attitude/Class Etiquette:**

* **Xcel** Team members are expected to conduct and demonstrate good behaviour, class etiquette and show respect to their coaches, fellow team members and the gym as a whole. This expected in the gym and most especially at competitions.
* Disrespectful behaviour and/or attitude between and/or by Performance Team members will not be tolerated and will be dealt with immediately by the Head Coach. Any display of attitude or disrespect towards coaches, fellow team members or any other athlete/ person at any time will be reported to the parent and a solution will be agreed upon. **Any further display of such behaviour will result in removal, suspension, probation and/or expulsion from meets and/or Xcel Team.**
* All personal issues and/or concerns from parents will be addressed directly to the Head Coach and an immediate scheduled meeting will take place to address subject matter. Please address these concerns at an appropriate time when the coach is not on the floor with athletes.
* All expenses incurred within the Xcel program are non-refundable in the event of suspension or expulsion of any matter.

**Absences/Tardies:**

* Each Xcel Team member is entitled to five (5) personal days throughout the contract year. Personal days are, but not limited to: family vacation, family events or school functions and are available to students to use for occasions related to personal events.
* All Team members are asked to inform coaches of any scheduled family or school events that may impact training or Performance meet schedules.
* Being inexcusably absent from classes or choreography, which results in missing essential progressions could result in suspension and/or expulsion from Xcel meets.
* **If attendance becomes or continues to be unsatisfactory, removal from meets and/or Xcel Team will be necessary in order to sustain the programs/team development as a whole. This policy will be strictly enforced.**
* Excused absences are, but not limited to, accidental injury, illness, family emergencies or required school functions that are necessary based on a mandatory school assignment that is graded. In the event of such an absence the coaches must be notified prior to class either by email or a phone call to the gym. Extra -curricular activities or homework are not considered an excusable absence.

**Tuition/Fees/Expenses/Refund Policies:**

* All **Xcel Bronze I/II** Team members are required to attend a minimum of one (1) 120 minute classes per week from September 2021– June 2022. Class monthly tuition can be found when you choose the class(es) for your athlete. Some class fees differ due to calculation of classes missed due to Stat Holidays. All monthly tuition amount are amortized into equal monthly payments over our 10 month season. Please note: we follow the School Dist. #23 break calendar for Christmas & Spring Break. These have been accounted for in the amortized monthly tuition.
* In the event that both parties agree that a release of contract is in the best interest, a **one- month penalty payment will be charged equal to the group/class monthly tuition.**
* If an athlete/parent decide to leave the program prior to the end of the season without agreement of both parties (athlete/parent & Synergy) a mandatory 30 - day notice from the 1st of the month is required and **a one- month penalty payment will be charged.**
* All Xcel Team class fees are based on number of classes plus choreography. The program schedule will follow the school curriculum when possible. There will not be mandatory classes during Christmas Break and Statutory holidays but please note that there may be classes during Spring Break for gymnasts who are attending meets shortly after the break.
* Additional fees include but are not limited to gym membership and insurance (~$150), team bodysuit ($110-160), team jacket ($85-100) and meet registration fees ($80-100+meet)
* All Xcel Team monthly fees are required to be submitted at time of registration. Payment options include Visa/Mastercard/E-Transfer/Check dated for the 1st or 15th of the month.