



GIRLS' JO PROGRAM vs. THE XCEL PROGRAM

JUNIOR OLYMPICS (JO)	< Skills >	XCEL
Set skills from level 3-6, then set requirements for optional levels 7-10		Skills similar to J.O. skills, but not as rigid in having to do certain skills at certain levels
Very set skills at each level but basics are repeated to the point that athletes will reach a higher potential level in the future	< Benefits >	More flexibility in learning skills that suit the athlete. Not as restrictive as to which skills can be performed at each level
If a child is unable to do a certain level 3-6 element, she will unlikely be able to move up to the higher levels	< Drawbacks >	Remaining in this program to the top level may not result in a college scholarship, crossover to J.O. program is permitted
Ten current levels - most clubs start competing at level 3	< Levels >	Five (5) current levels bronze, silver, gold, platinum and diamond
At level 3 or 4 athletes usually go 2-3 days/week when they go to level 5 and 6 usually 4 days/week and at level 7 and up 5-6 days/week	< Time > Commitment	This program allows kids to participate in other activities at the higher levels unlike kids in the J.O. program who usually have to devote themselves to gymnastics only
This program refines and perfects the basic skills a lot longer, which can lead to a stronger future, but also leads to burnout/boredom especially for older kids	Progressive < Level > Movement	This program has the flexibility to move a little quicker to higher level skills than the J.O. program
This program is more likely to lead to a college scholarship, but most kids must reach the top level and devote 6 days/week several hours/day in order to secure a scholarship	< College > Scholarships	It is not likely to receive a scholarship directly from this program, but crossover into the J.O. program is allowed. Xcel gymnasts generally transition into high school gymnastics