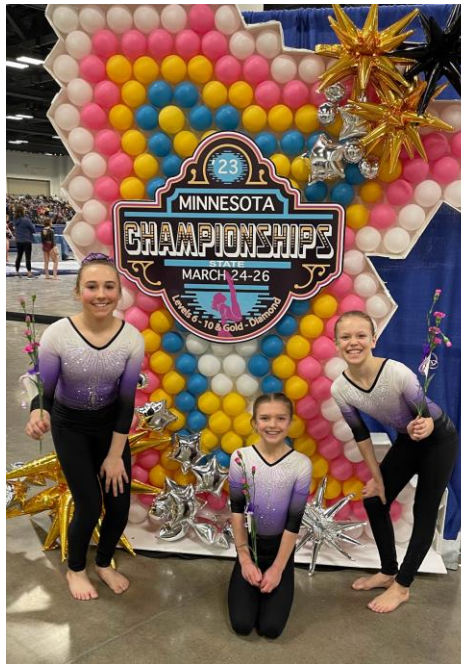


Competing with RSGA's Xcel Program

Each gymnast is required to attend all scheduled meets during the season. These meets are located throughout the Twin Cities area. For those who meet the qualifying score, there will be an opportunity to compete at the state and regional competitions!

The Silver team competes from September to December, and attends 4-5 meets. The Gold, Platinum, and Diamond teams compete from December to April, and attend 6-7 meets, including two optional out of state meets.



Rising Stars Gymnastics Academy

Where every child
is a STAR!



USA GYMNASTICS



Are you interested in
gymnastics competition?
Learn about the
Xcel Program
at Rising Stars



Rising Stars Gymnastics Academy

520 Hayward Avenue North
Oakdale, MN 55128
651/730-4376 * Fax: 651/731-1215
www.risingstarsgym.com

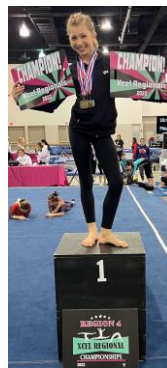
Why join the Xcel team?

1. Build confidence and self-esteem
2. Gain competitive experience in a fun, supportive atmosphere
3. Learn about a strong work ethic, respect for coaches and teammates, and to love and enjoy the sport of gymnastics
4. Increase resilience and mental toughness
5. Make lifelong friendships with great teammates
6. It's FUN!



The intention of the Xcel program is to help gymnasts continue progressing their skills while also allowing them to gain valuable competitive experience. Athletes in the program will gain confidence, strength, and flexibility while competing in a friendly and fun atmosphere!

Our gymnasts compete in Silver, Gold, Platinum, and Diamond levels in the Xcel program under USA gymnastics rules. All the levels will use optional routines with the skill difficulty being specific to their level.



To be part of the Rising Stars Xcel Program you need to:

- Currently be in Masters level at Rising Stars and attending class at least 1x per week. Xcel gymnasts are required to attend practice 2x a week.
- Be invited to the program by approval of a Rising Stars coach
- Purchase the current Xcel uniform and pay required fees (including monthly tuition, annual team fee and meet fees)
- Have a respectful and positive attitude

