

Xcel program benefits

1. Body type, coordination, strength, power, flexibility: if any of these are lacking, the J.O. program will more quickly lead to the boy quitting gymnastics. J.O. program leads more towards upper level development and is very discouraging towards kids who are not cut out for that path.
2. Fear: sometimes there is a fear (of course boys are not supposed to show that fear) but it exists and sometimes it just puts a stop to forward progress. Xcel will allow this kid to work around their fears and progress. Usually with maturity the kid will get over that fear, this program allows them that time.
3. Commitment: often there is a kid who is very talented and cut out for this sport, but does not want to put in the time required at the upper levels. This allows kids a chance to improve while doing other sports, music, church/family things or just having more days off.
4. Comaraderie: when kids who don't fit well in the J.O. program for whatever reason quits, it hurts even the talented boys who are staying in the sport. The more kids who remain the more validity the sport is given. Especially when peer pressure to do the team ball sports is so high!
5. Increased numbers: not only is more numbers beneficial to gyms across the country and to USAG with increased membership fees, but it also leads to more coaches for boys gymnastics (which is super hard to find) and more judges for boys gymnastics- (which may help lower some of the costs for those running meets)
6. Popularity: overall popularity increasing from the bottom up will only lead to better things for boys gymnastics. Maybe we can even get it to the point that colleges stop dropping programs or even add programs back. Right now, there's very little push back since the popularity of the sport is very low.