



USA GYMNASTICS®

Colorado

Colorado Xcel Program Information





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Colorado Xcel Mission & Purpose Statement

The Mission of Colorado USA Gymnastics is as follows:

Encourage participation in all aspects of gymnastics in Colorado.

Support the athletes and gymnastics clubs in the state and assist in their pursuit of competitive excellence.

Generate public awareness of the sport of gymnastics in the state of Colorado.

Commit to servicing the professional membership in the state of Colorado.

The purpose of the Colorado USA Gymnastics Xcel Subcommittee is to implement USA Gymnastics National Women's Xcel Gymnastics Program. This means to promote, serve and administer the official gymnastics Xcel program for girls and women of all levels of ability throughout the United States. This shall be accomplished by: carrying out the purposes, standards and objectives of USA Gymnastics as set forth in the Women's Rules and Policies.

State Administrative Committee Responsibilities:

- Assist in organizing competitions for girls and women of all levels of ability at local and state level.
- Establish state meet qualifying procedures.
- Propose state meet dates that will be scheduled in conjunction with regional and national competition dates and judging availability.
- Refrain from any self-serving interests when considering a committee vote.
- Organize and provide technical, development and specific guidelines and rules and policies for Colorado USA Gymnastics.
- Provide a network of communication necessary for the implementation of the above objectives.
- Organize state training clinics and educational opportunities for gymnasts, coaches, club owners, and judges.



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Region 3 and Colorado Communication Chart

Region 3 JO Chair
Kim Lauderdal- Stepanek

Region 3 XCEL Chair
Loui Janecky

State Chair
Cindy Miyake

JO Committee Reps

Awards	Stephanie Sodden
Secretary	Amanda Webb
State Meets	Jason Kaplan
Level	Pam Turner
Year Awards	Rich Villarreal
Education	Lelsey Ogg
Judge	Nichole Otterson

Xcel Sub Committee Reps

Director	Trevor Campbell
Assistant Director	Vacant
Communications	Amanda Webb
Financials	Mike Flower

Colorado Clubs

Owners	Coaches
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Gymnasts Parents



Xcel Subcommittee Positions

The Colorado Xcel subcommittee is made up of a four member committee these member are elected each term through an online vote sent to each club listed on the COUSAG.com website and to the email address listed there. Each club is entitled to a one club one vote rule.

The committee shall be made up of the following members:

Director: Shall preside over all meetings of the subcommittee. They will work with CONAWJG for judges assignments. Will review and approve competitive season calendar and meet requests. Approve check requests to be submitted to State Committee for payment. Gather and address concerns, suggestions, and ideas from clubs, judges, and Colorado State Committee. Coordinate content to be published to the state website. They shall serve a two year term and elections will be held every even year. There are no term limits.

Assistant Director: Review requests for meets and recommend a calendar for review. Review state meet requests and organization bid submittals. Chair meetings in absence of the director. Prepare and organize items for annual voting and data collection. Assist with any other projects as set forth by the committee. They shall serve a two year term and elections will be held every odd year. There are no term limits

Communications: Will oversee general communication with participating clubs. Post or communicate notice of meetings and minutes. Process member application and maintain membership lists. Assist in the creation of surveys and voting forms. They shall serve a two year term and elections will be held every odd year. There are no term limits



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Financial: Will manage the financial affairs of the Xcel program and prepare reports. Collect and process fees and other revenues. Transfer deposits and check request to COUSAG for processing as approved by the director or subcommittee as a whole. They shall serve a two year term and elections will be held every odd year. There are no term limits

The process for being elected to a subcommittee position will be as follows: There will be an open period for nominations, a person can nominate themselves. The subcommittee will verify that all nominated people are willing to perform the task of the position they are nominated for if they should win. An online vote will occur with the one club one vote rule. The process from nomination to election shall take place in the month of July each calendar year with the transition of position effective August 1.

In the event that a position becomes vacant, then the subcommittee will collect nominations for the empty position for the remaining term of the vacant position. Once nominations are collected, an online voting will take place between all candidates. The one club one vote rule will apply. If there are no nominations then the subcommittee will absorb the responsibilities of the vacant position until the term has expired and the new nomination period is open.

Online voting will be sent via email to all Xcel clubs listed on the current year club registration forms.



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Xcel Funds

The Colorado Xcel program raises funds throughout the year to pay for expenses associated with the program. Each year at the state meeting the financial advisor will provide to all clubs a copy of the current financials for the program. In general funds raised are used for the following categories:

- Administrative Costs
- Clinics
- Scholarship Awards
- Athlete Excellence Awards
- Continual Education & Congress
- Pre-purchase State Awards from A1



Colorado Growth & Numbers 2017

Each year around January a survey is sent out to all registered member clubs to obtain statistical data on the size of the Xcel program in Colorado. Colorado numbers for the 2017 season are as follows

Bronze Division:	491 gymnasts
Silver Division:	669 gymnasts
Gold Division:	536 gymnasts
Platinum Division:	305 gymnasts
Diamond Division:	76 gymnasts

Total Colorado Xcel population 2077 gymnasts

This was an increase of 333 gymnasts from the 2016 season. Increases per division were as follows:

Bronze Division:	143 gymnasts
Silver Division:	59 gymnasts
Gold Division:	68 gymnasts
Platinum Division:	64 gymnasts
Diamond Division:	- 1 gymnasts



Xcel Sample Athlete Level Petition

Per USA Gymnastics Rules and Policies any athlete who has had experience outside of USA Gymnastics must petition into the Xcel program. Below is an example of a petition which is required to be submitted for athlete approval into the Xcel program.

Per para 6.II.c.4 of the current USAG Rules & Policies, I am submitting the following request to the State Administrative Committee in order to petition an athlete who had experience outside of USA Gymnastics into the Xcel "PLATINUM" division for the upcoming season. This athlete recently moved to Colorado from a club in another state.

- Athlete Basic Info:
 - o Athlete Name, and age,
 - o Previous competition in the JOGA program which is a league specific to New Jersey (<http://www.joganj.com/>)
- Current Skill Set:
 - o Vault- Front Handspring and ½ on
 - o Bars- Kip to Handstand, clear hip to horizontal, long hang kip, back hip circle undershoot, tucked flyaway dismount
 - o Beam- 180 split jump, back handspring, back walkover series, front walkover, full turn, cartwheel back tuck dismount and punch front dismount
 - o Floor- 180 switch leap, Round off, back and front handsprings, salto forward piked, 1.5 turn.

Although not specifically called out by R&P for this specific situation, we would be happy to submit video for your review should you so desire.



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Xcel Competition Season

In Colorado the official competition season for the Xcel Program is as follows:

Bronze March – June

Silver March – June

Gold December – May (or 3 weeks prior to regional championships)

Platinum December – April (or 3 weeks prior to regional championships)

Diamond December – April (or 3 weeks prior to regional championships)

You can host a competition at any time by obtaining the correct sanction, but for qualification purposes for the Colorado State Championships, scores will only count during these time periods.



State Championship Information

Through the consensus of Colorado Clubs and the approval of the Xcel Region 3 chair the following format has been adopted for all Colorado Xcel State Championships.

Throughout the year any club that hosts a competition will be required to submit a copy of their meet results online to results@cousag.com for the Bronze, Silver, and Gold divisions. The format and instructions for how to submit these results can be found on the COUSAG.com website. For Platinum and Diamond division, competition results must be sent directly to the State Championship host club. The simple scores report form is ideal.

Bronze, Silver, and Gold:

Score data collected throughout the season will be used to seat athletes for the state championships. Using the top three all around results each gymnast will get an average all-around score. This average will be used to determine what session each gymnast will compete in. Using the total number of athletes qualified to the State Championships, the host club will determine the total number of sessions required to comply with R & P. Once the number of athletes per session is determined that number will be used to group the athletes from the score averages.

Example 60 gymnasts per session the top 60 gymnasts will be grouped together for a session, then the next 60 top gymnasts will be grouped together for a session and so on till all athletes are grouped. The first session of competition will be the lowest average all-around scores, working up to the last session of competition being the top scoring average all-around scores.

In each session gymnasts will be broken up into 3-4 equal age groups for award purposes. There should not be more than 20 gymnasts in any age group. Awards will be awarded to the top 50% on each event and 100% recognition in the all-around will be given.



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Teams in each session will be assigned a starting event by a random team draw. Each team may decide their gymnast's competition order within their assigned start event and assigned placement in the group.

Example Team A has 3 gymnasts, Team B has 2 gymnasts, Team C has 4 gymnasts. Team A has been assigned to start, followed by Team B, then Team C. Team A can choose which of their 3 gymnasts competes first, second and third, then Team B can decide who competes first and second for them, then Team C can decide who competes first, second, third, and fourth for them. Teams must follow the assigned competition order of team placement.

Qualifying scores for the state Championships for each division will be posted on the COUSAG.com website prior to the first meet of the official competition season.

Platinum & Diamond

These two divisions follow a true draw and session seating by age groups as set forth in R & P.

Qualifying scores for these two state Championships will be posted on the COUSAG.com website prior to the first meet of the official competition season for each division.



Xcel Competition Bidding Process

Bidding for a competition process:

Any competition held prior to March of each year must go through the Colorado Optional Draw process.

For competitions held from April to June, meet requests will go through the Colorado Xcel meet selection process.

Xcel Process

Fill out annual club registration and submit with it requested meet dates along with required fees and return to designated place by the listed due date. This form is available online at COUSAG.com and is updated around July every year. It is important when you are sending in the form that you are using the correct year. Please make sure the form you are submitting has the correct year printed on the top. It should read one year ahead of the current year.

Any club who owes back dues or has not submitted payment for current dues will be ineligible, until their account is current, to be awarded a competition or be included in the state meet vote.

Around September of each year the Xcel sub-committee will award meets to each club who submitted a request. Items that the sub-committee looks at when awarding meet dates are as follows:

Previous year competition date

North vs South, East vs West location of meets on the same date

Date of Request Submittal

Number of available officials





Once a competition date has been awarded each host club must follow Colorado NAWJA judge request procedures to have judges assigned to their competition

For competitions held outside of these time periods judges must be obtain directly through Colorado NAWJA, or NAWJA members personally.



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Colorado Xcel State Championships

Bidding Requirements

Per USA Gymnastics Rules and Policies the state championships are under total jurisdiction of the State Administrative Committee. In addition to policies set forth in R & P the Colorado State Committee has these supplemental requirements to host state championships.

- Score verification must be done
- Hotel accommodation must be made for any official who wants one
- A two judge panel for each event will be utilized
- A Meet referee will be assigned
- An adequate amount food must be provided all day for Coaches and Judges. In addition to the main meals, snacks, grazing items should be made available. You should never run out of food or have a plan to get more quickly if you do.
- Score cards must be at least 8.5" x 5.5" in size (half sheet of paper) Must include wording ("Division" State Championship "Year")
- Production level should feel like a state championship not just another competition
- Cannot host the same division two years in a row
- At the conclusion of the championships the USA gymnastics financial report form must be submitted to the state committee within 60 days

Awards will be ordered by a committee representative. We try to order awards for all state meets together to save on shipping. Depending on when your state meet is you may receive the total order and other host clubs will come and pick up their awards from you. The state will bill each host club for the amount of medals needed for each individual state championship.

Each Athlete will receive a state pin for their division and year; approximate cost for these is \$1.50 per pin. Each host club will contact Crown Trophy



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Littleton to order the appropriate amount of pins for their state championships. Each club will be billed directly by Crown Trophy

Team awards: Until R & P changes vendor requirements. Each club will contact Crown Trophy Littleton directly to order the quantities needed for each pendant banner.

Team awards

Bronze Large and Small division Large top 5 scores Small top 3 scores

Silver Large and Small division Large top 5 scores Small top 3 scores

Gold Large and Small Division Large top 5 scores Small top 3 scores

Platinum & Diamond one division top 3 scores

Team Size determination

For Bronze, Silver and Gold divisions, Colorado recognizes a big team and a small team division at the state championships. The placement of teams is done by an even split of the number of teams competing and number of athletes on each team. For example if there are 500 athletes competing then each division should have approximately 250 gymnasts.

Bidding on a State Championship

To bid on a state championship each host club interested in hosting a division must select the appropriate box for the division they wish to bid on, from the annual club registration form. It is important to make sure all payments and the form is submitted within the required dates to be eligible to host a state championship.

If you plan on hosting at a venue other than your club, or if you have made some great new improvements to your facility or equipment, then you should include this information with the Annual club registration form so it can be included on the voting form. Voting consists of a one club one vote rule.

Once the due date has passed, the Xcel subcommittee will put together a voting form for all clubs to vote on who should host the state championships for each division. The State will send a survey link via email to the email address listed submitted with yearly club registration. Voting will last for approximately 7 days. At which time the results will be tabulated and a host club will be named.



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In the event a club bids to host multiple divisions and wins the popular vote to host more than one state championship than that club will be contacted and given the opportunity to decide which state championship they want to host. The club who received the second most votes will be awarded the state championship for the division the winning club decided not to host.

In the event of a tie between two clubs to host a division a second round of voting will be sent out, using the same method as the original, with the exception that voting will last for approximately 5 days. At which time the results will be tabulated and a host club will be named. In the unlikely event a second tie should occur then the Colorado State Committee will intervene and award a host club. The State Committee will award a host club based on the following criteria outlined in R & P

- The aim is to provide equal opportunity to all applicants and to grant the event to the optimal host organization. Several factors are considered
- The host organization must have successful event organizational experience and the reputation of operating according to the highest of ethical standards
- The geographic location of the meet is to be rotated from time to time
- The total schedule and location of the state and regional meets for that year.
- The Meet Director must be a professional member with current safety certification and criminal background check, from a member club or registered business and also must be certified as a meet director
- The host organization and the meet director must guarantee the best organizational setup for a quality event, according to the USA gymnastics rules and policies
- The host organization must be responsible for any financial loss it may incur



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Hosting an Xcel Competition

All clubs who host an Xcel competition in Colorado must submit their meet results to the following places within 3 days of the completion of the last day of competition.

For meets containing Bronze, Silver, and Gold gymnast meet results must be submitted online to results@cousag.com. The format and instructions for how to submit these results can be found on the COUSAG.com website. For meets with Platinum and Diamond gymnasts competing, results must be sent directly to the State Championship host club. The host club for each season can be found on the COUSAG.com website.

In addition to submitting meet results as described above Colorado has approved an Athlete Assessment fee. This is a nominal fee assessed against the number of gymnasts who compete in a sanction meet. Each club who hosts a competition is responsible for payment of this fee to Colorado Gymnastics. This form along with payment must be submitted within three days of the conclusion of the last day of competition. The form and the year's current assessment fee can be found on the COUSAG.com website. Failure to pay and return the assessment form can result in not being able to host a competition the following year.

The above Colorado rules are in addition to the ones set forth in USA Gymnastics R & P. Remember to return all sanctions to the required parties within the timetables set by USA Gymnastics. Failure to do so can result in a fine or other consequences from the national office.



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Colorado Xcel Regional Athlete Excellence Recognition

Through the consensus of Colorado Clubs it has been approved that every year a portion of State Funds will be spent on Athlete Excellence Recognition. This award will be given to all gymnasts who place in the top 3 all around at the Regional Championships. This award is given to all eligible Gold, Platinum and Diamond gymnasts. The award will consist of a certificate bearing the gymnasts name and signed by the current Colorado State Chair. Along with a certificate of achievement, each recognized gymnast shall receive a special leotard from GK Elite Sportswear. The subcommittee will work with the local GK representative on designing and ordering this leotard each year. An order form will be given to all coaches of recipients to obtain the correct size leotard for each gymnast. The goal is to have the leotards delivered to each athlete's gym along with the certificates of achievement no later than the end of June each year.



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Cheryl Baits Scholarship

Through the consensus of Colorado Clubs it has been approved that every year a portion of State Funds will be combined with the Cheryl Baits memorial scholarship fund. Each year in addition to the scholarship funds to be distributed by the Cheryl L Baits Gymnastics Fund the State shall cover the regional entry fee for three gymnasts. One gymnast will be awarded from each division, Gold, Platinum and Diamond gymnast.

The Cheryl L Baits Gymnastics Fund

The purpose of this fund is to offer financial assistance to a deserving Xcel gymnast each year in order to offset the expenses of attending the Region 3 regional competition.

Our good friend lost her battle with congenital lung disease in February 2016. Cheryl was a strong presence in the gymnastics community in Colorado. She loved the sport having been a coach, gym owner and a longtime judge. Cheryl co-sounded the E.A.G.L.E.S. recreational league and its success became the basis for today's Xcel program.

If you or your gym participates in the Xcel program we are asking you to consider making a donation to this worthwhile cause. Each Xcel gym will be allowed to nominate one gymnast each year for this award. This gymnast should attain the level that is allowed to attend regionals (currently Gold, and above). Please choose a worthy athlete who shows strong character and is a good teammate. We wish to be able to give this financial aid but you at the gym know or have an idea about the financial issues in play. With enough funds, we could possibly offer more than one athlete this aid.

We will be accepting nominations in early spring of 2017.

If you have questions about the Cheryl L Baits Gymnastics Funds please contact:



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Jan Morgan 719-235-6021
Deb Nisenoff 719-209-9978
Kathi Blazek 719-243-5480

Donations may be sent to:

The Cheryl L Baits Gymnastics Fund
12542 Timberglen Terrace
Colorado Springs CO 80921

Applications for the Cheryl L Baits Gymnastics Award can be found on the COUSAG.com website.



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