

Introduction to Rhythmic Xcel

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Mission and Purpose of Xcel Program

- Provide a structure to bring the discipline of rhythmic gymnastics to a larger audience
 - Benefits of the sport need to be shared
 - Low cost and low risk activity
 - High Neurological (brain health) benefits

Mission and Purpose of Xcel Program

- Grow the base for the sport
 - Basic education on sport specifics (body, apparatus, performance, competition) is encouraged and available through Xcel
 - Lower cost option for athletes and families to participate

Mission and Purpose of Xcel Program

- Provide space for individuals to remain active in the sport outside of JO or Elite competitive programs
- Reintegrate past participants to the community
 - Participate as a competitor pre, post or during competitive participation
 - Coach on a learning or more recreational basis
 - Serve as an evaluator for events
 - Be a clinician or choreographer for new and developing participants
 - Buy tickets and be a fan!

Benefits of Participation in Xcel

- Gym Owner
 - Coach training opportunity
 - Higher per hour rate for participants
 - Low cost apparatus
 - Attractive to more dance-oriented clientele
 - Portable apparatus for outreach opportunities

Routine Composition/Evaluation

Rhythmic Xcel - Individual Apparatus - Levels A, B, C, D

List the 5 Body Skills and 1 Dance Sequence with Apparatus Handling in the appropriate boxes. Each Body Skill and Dance Sequence must have a Handling. List skills in the order they occur in the routine.

Level A - Majority JO and FIG .1 skills Level B - Majority FIG .1 and .2 skills Level C - Majority FIG .2 skills
 Level D - Majority FIG .2 and higher skills. Newly formed level - requirements to be confirmed/clarified.

ATHLETE NAME		Level:	Apparatus:	
BODY SKILL LIST	HANDLING	VALUE	FAULTS	SCORE
1.		1.0		
2.		1.0		
3.		1.0		
4.		1.0		
5.		1.0		
6.		1.0		

Routine Composition/Evaluation

EXPRESS CATEGORIES				
General Body Execution	Posture Equal sides Use of arms Knees/Feet	1.0		
Apparatus Handling	All groups Proper technique Variety Risk	1.0		
Choreography	Use of levels Use of floor space Integrate apparatus	1.0		
Overall Impression	Musicality Body and face expression Mastery Crowd Appeal	1.0		
FINAL SCORE		10.0		

Starting New Rhythmic Program with Xcel

- Find an instructor for the class
- Find students who would like to participate:
 - Hold an open house clinic for trying out the sport. (How it works is explained later in the example)
 - Integrate rhythmic gymnastics into your existing classes
 - Introduce students to activities with rhythmic apparatus/music for 10-15min during your existing artistic gymnastics or dance classes
 - If you have a student who loves to play with the hoop and dance to music, encourage her to join your Rhythmic Xcel program!



A brand new Rhythmic Xcel program hosting an open house!

BEGIN HERE.
GO ANYWHERE.



- Why did you add a Rhythmic Xcel program to your gym?
 - “To offer the unique opportunity for the kids in our area. Rhythmic compliments our artistic gymnastics program and it is a beautiful way to combine gymnastics and dance”
- Why did the kids decide to join?
 - “I love the challenge. It inspires me and makes me feel strong and confident.”
 - “Rhythmic gymnastics is pretty and fun.”
 - “I like the cool stretches and routines.”

Adding Rhythmic Xcel Program to Established Rhythmic Club

- How to promote an Xcel program in your club
 1. Add a description of the program to you club's website and Facebook page.
 2. Target new students and Recreational classes students. Present the Xcel program to new students' parents and the parents of Recreational students as a choice that has as much respect as the JO program.
 3. Explain to the parents that their child can benefit from participating in the Xcel program because it will still allow them to participate in other after school activities without spending long hours at the gym.
 4. Explain to parents that this is an opportunity for a child to have a positive competition experience. Parents will gladly accept this thinking.
 5. Explain to parents that competing in Xcel competitions may make a child eligible for Independent PE Study in Middle and High school

Adding Rhythmic Xcel Program to Established Rhythmic Club

- Actions to take between seasons
 1. Start communication with existing beginner classes students' parents who don't want to commit to the time/financial aspects of JO program training.
 2. Offer Xcel classes on the same days/time as your existing beginner levels classes.
 3. Move all students attending beginner classes who are not moving to JO program to Xcel program as a promotion to the next level.
 4. Explain to parents that their child will learn the same skills (and in some cases the same routines) as children competing in JO competitions, but will perform only those skills that she can comfortably perform.
 5. One of the most important things to consider when forming a new Xcel program is whether you have an experienced coach. This person must have special qualities: a lot of patience and a thorough knowledge of the sport or a strong desire and ability to learn.

Adding Rhythmic Xcel Program to Established Rhythmic Club

- Actions to take during competition season
 1. Encourage existing Beginner classes students to start participating in Xcel competitions. The first step could be your Winter Show where Xcel students can show their routines.
 2. If your club is hosting Invitational meet, include an Xcel session in that event. If there are just few Xcel gymnasts who are competing, you can schedule them to compete during level 3 session. Xcel gymnasts can also compete during JO judges' lunch break, which will not add extra time to competition schedule.
 3. Offer new students ages 10 and up who want to practice 2 times a week an option to be enrolled to Xcel classes instead of enrolling them to beginner classes.

Tips for Hosting a Stand-alone Rhythmic Xcel Competition

- Invite teams early in the season and send multiple reminders!
- Hire evaluators who understand the philosophy of Rhythmic Xcel.
- Arrange schedule to accommodate both individual & groups.
- Explain the award system for Xcel, both in writing and verbally.
- Make sure all athletes turn in judging forms with routines written in the order they will be performed.
- Decide in advance how awards will be presented; by level, by apparatus, or all at once to each individual gymnast.
- At the end of the competition, return all judging papers to coaches.
- The of the competition is a perfect time to spend 90 minutes for group floor routines, GymFest, and an educational clinic!

Tips for Hosting a Combined Xcel/JO Competition

- Decide if the same judges/evaluators will be used for JO and Xcel. If they are, make sure they can easily switch between the philosophies. Otherwise, have 2 judging/evaluating panels – 1 for JO, and 1 for Xcel.
 - The Xcel evaluators should either both fill out the entire score form, or one evaluator should evaluate body skills and the other evaluator should evaluate the bottom half of the score sheet for the whole session.
 - All routines of the same apparatus within a level must be evaluated by the same evaluator.
- It is possible to group levels together in a session.
- When combining JO and Xcel in one competition, be mindful to fully include Xcel in the event. Remember that these are recreational participants who will not miss school for competition. Consider several 1-hour sessions of Xcel during the JO lunch/dinner breaks.
- Xcel scores must not be flashed. Awards are by achievement only.
- Award JO & Xcel separately. It works well to award Xcel first, then JO. Educate the audience/parents about the difference in the awards – either in the program, or verbally at the time of the award ceremony.
- Follow the specific awarding rules for each program

Xcel Membership Requirements

- Athletes
 - USA Gymnastics Introductory Athlete Membership required for sanctioned event participation
- Coaches/Evaluators
 - USA Gymnastics Professional Membership (or Jr. Professional Membership) required for sanctioned event participation

Questions? We are here to help!

Email your questions to RhythmicXcel@gmail.com