

# OVERVIEW OF OLYMPIAD/TEAM CENTRAL COMPETITIVE TEAM PROGRAMS

THE PURPOSE OF OUR COMPETITIVE TEAM SYSTEM IS TO PLACE ATHLETES WITH SIMILAR GOALS TOGETHER INTO TRAINING ENVIRONMENTS THAT WILL ALLOW THEM THE GREATEST OPPORTUNITY TO FLOURISH AND ACHIEVE THEIR GOALS

<p><b>XCEL PROGRAM</b>                      LOCATED AT                      TEAM CENTRAL                      OLYMPIAD ELLISVILLE                      OLYMPIAD FESTUS                      OLYMPIAD MANCHESTER                      OLYMPIAD MID-RIVERS</p>	<p><b>JUNIOR OLYMPIC                      COMPETITIVE PROGRAM</b>                      LOCATED AT                      OLYMPIAD CHESTERFIELD                      OLYMPIAD FESTUS                      OLYMPIAD MID-RIVERS</p>	<p><b>NATIONAL LEVEL PROGRAM</b>                      LOCATED AT                      TEAM CENTRAL</p>
<p>COMPETE SANCTIONED AND UNSANCTIONED                      XCEL MEETS CULMINATING WITH MISSOURI                      XCEL STATE MEET</p>	<p>COMPETE SANCTIONED EVENTS ON A REGIONAL                      LEVEL THROUGHOUT MISSOURI AND                      SURROUNDING STATES</p>	<p>COMPETE ON A NATIONAL LEVEL THROUGHOUT                      THE 8 REGIONS OF USA GYMNASTICS</p>
<p>TIME COMMITMENT LOWER TO ALLOW                      ATHLETES TO PARTICIPATE IN OTHER SPORTS                      AND ACTIVITIES</p>	<p>TIME COMMITMENT APPROPRIATE FOR SUCCESS                      AT LOCAL, STATE AND REGIONAL COMPETITIONS</p>	<p>TIME COMMITMENT LEVEL HIGH IN ORDER TO                      BE COMPETITIVE ON A REGIONAL                      AND NATIONAL LEVEL                       GOAL IS TO PLACE ATHLETES AT THE HIGHEST                      LEVELS, CHALLENGE FOR MEDALS AT NATIONAL                      CHAMPIONSHIPS AND RECEIVE                      COLLEGE SCHOLARSHIPS</p>
<p>ALL ATHLETES WELCOME                      (PLACEMENT DETERMINED BY COACHING STAFF)                       PROGRAM FOR ATHLETES WHO WANT TO                      EXPERIENCE COMPETITIVE GYMNASTICS WITH                      LESS TIME AND/OR FINANCIAL COMMITMENT</p>	<p>ALL ATHLETES WELCOME                      (PLACEMENT DETERMINED BY COACHING STAFF)                       PROGRAM FOR ATHLETES WHO POSSESS A                      STRONG DESIRE FOR COMPETITIVE GYMNASTICS                      AND STRIVE TO ACCOMPLISH THE GYMNASTICS                      GOALS THEY HAVE SET BUT MAY NOT FIT THE                      AGE/SKILL LEVEL REQUIRED FOR OUR                      NATIONAL LEVEL PROGRAM</p>	<p>ATHLETES MUST BE EVALUATED                      FOR PLACEMENT ON TEAM                       ACCEPTANCE BASED ON:                      AGE – SKILL LEVEL                      PHYSICAL ABILITIES – STRENGTH &amp; FLEXIBILITY                      MENTAL ABILITIES – MENTAL TOUGHNESS                      HIGHEST LEVEL OF DEDICATION AND                      DESIRE FROM WITHIN</p>