

Progress Through Team Gymnastics Programs

PowerGym - Balance Brigade - BGC Xcel Team

BGC team programs are designed for athletes who have exceptional willingness for hard work and dedication and are ready to go beyond basic and intermediate gymnastics in a progressive, year round training environment. These athletes train 1 - 3+ times per week while developing exceptional levels of strength, flexibility, endurance that are required to learn more advanced gymnastics skills safely. Staff determines each athlete's team training group based on their age, motivation and overall physical ability. The goal of our team programs is to become a successful competitive gymnast in either USA Gymnastics or the Minnesota State High School League/Otter Gymnastics.

Entering a team program:

For safety reasons, an athlete must be actively involved in a recreational program to be considered for any team program. Active recreational athletes can enter our team programs two ways:

1. Athletes may receive a team invitation based on exceptional motivation and physical ability.
2. Athletes demonstrate exceptional behavior and consistent dedication to recreational programming/obvious love of the sport. Parents can request that we consider these athletes after 3+ consecutive sessions in recreational programs.

When can you join a team program? The optimal time to enter a team program is in June. There may be a few opportunities to join the PowerGym program throughout the school year.

Moving through our team programs:

BGC staff assign PowerGym and Brigade team training groups each spring, with new team training groups starting every June. Please note: A small number of active PowerGym athletes may have an opportunity to join a Brigade training group in September based on summer performance.

To join the BGC Xcel Team, Balance Brigade athletes participate in a year-long tryout process that starts each August. This process includes an initial skills assessment, additional practices beyond regular Brigade and 2 - 4 entry level competition experiences (Nov. - March) within a 3 hour radius of Fergus Falls. Athletes must demonstrate excellence at the entry level competition experiences and demonstrate all skills necessary to safely participate in Xcel training. New team members are selected based on this process each spring and enter the Xcel Team in June.

Terminating Team Membership/Re-joining a team program:

You can terminate your team membership at any time. We ask for notification by the 15th of the month prior to avoid billing issues and to give us time to make staff changes as needed.

If an athlete wishes to join us again:

- We can not guarantee team placement if an athlete wants to re-join our team programs.
- When returning - In most circumstances we will recommend a return to recreational programming, participating in a lower level team program or training competitive skills at a lower level until staff is able to confirm readiness to safely participate in a specific program or work on a specific set of skills.