

Women's Artistic Gymnastics (WAG)



Canadian Competitive Program
(CCP) And XCEL Handbook

Congratulations!

Your gymnast has been invited to join the Tisdale Twisters CCP / XCEL Competitive Team!



Competitive Gymnastics

Gymnastics is a foundation for all sports.

At the Tisdale Twisters Gymnastics Club (TTGC), our competitive athletes will develop strength, flexibility, speed, and power. Gymnasts will develop body control and awareness. Every muscle in the body is used in gymnastics, which makes gymnasts some of the strongest athletes in all sport.

Competitive gymnasts learn to overcome challenges by taking controlled risks, while pushing their limits in a safe, fun and supportive environment. They will learn self-discipline, along with focus and determination, while competing against not only themselves but other athletes at their level.

Competition allows athletes to set and achieve goals. As new skills are mastered, gymnasts will gain confidence. Throughout the year athletes will improve skills with the ultimate goal of competing at the provincial level.

Each gymnast will advance at their own pace, while achieving individual goals and gaining confidence and mastery of skills.

In the Women's Artistic Gymnastics (WAG) program, athletes compete in four events: vault, uneven bars, beam and floor. Tisdale Twisters Gymnastics Club employs highly trained coaches with strong backgrounds in gymnastics. Our coaches will work with your gymnast to perfect routines for the level they will compete in, while working towards achieving skills required for advancement to the next level.

TTGC currently offers two streams of competitive programming: The Canadian Competitive Program or CCP (formerly known as Junior Olympic or JO) and the XCEL Program.

About the Canadian Competitive Program (CCP)

CCP was developed in the USA and adapted by Gymnastics Canada in 2015. Tisdale Twisters Gymnastics Club follows guidelines set out by Gymnastics Saskatchewan. The name changed from JO to CCP in the 2021-22 season. The program may have different names across provinces, however everyone follows similar guidelines.

This program was developed with the belief that all athletes, regardless of their potential, must have a solid foundation of basic skills in order to advance safely.

CCP consists of 10 skill progressing levels. Advancement of levels will depend on the coach's assessment of the athlete. Each level has set skill requirements. The routines and skills in compulsory levels (1-5) are the same for every athlete, with little individuality until they reach the optional levels (6-10). This comes with the belief that these are foundational skills required to properly advance to higher skills later in the athletes career.

About the XCEL Program

XCEL is an alternative competitive program offering individual flexibility to coaches and gymnasts.

The goal of XCEL is to provide gymnasts of varying abilities the opportunity for a rewarding competitive gymnastics experience. Athletes will compete in optional routines, meaning they will not compete the same routine as another person.

This program will give gymnasts the opportunity to train and compete with skills and routines that suit their strengths rather than competing compulsory content as in CCP. For example, an athlete who may struggle on beam, but is very advanced on floor may still be able to showcase their advanced floor skills, while sticking to what they are confident in on beam. It allows the flexibility of creating routines appropriate for where the athlete is at on each apparatus.

Competitive Program Leveling

CCP Compulsory Levels 1 and 2

Levels 1 and 2 are achievement oriented levels in which athletes will learn basic skills and progressions.

In these introductory levels, compulsory elements are introduced along with simpler choreography. These routines are standard across Canada and the USA.

Gymnasts at this level will practice 2 days per week. It is recommended to attend competitions at this level, but is not mandatory in order to be part of the program. Competitions allow the athlete to gain experience in being judged, competing against themselves as well as others, and competing in front of a crowd. These are important foundations as your gymnast advances from level to level. Level 1 and 2 athletes generally attend 2 competitions per season.

Athletes in Levels 1 and 2 do not compete at the provincial level.

CCP Compulsory Levels 3, 4, and 5

Levels 3, 4, and 5 will build on skills and choreography that were mastered in previous levels.

Gymnasts will perform compulsory routines as set out by CCP. These compulsory levels include longer routines with more advanced skills and combinations.

Gymnasts at this level will be required to practice 3 days per week with longer practice times, due to increased difficulty in skill levels and the requirement for more physical strength.

CCP Optional Levels 6 – 10

Levels 6 – 10 will compete in individually choreographed routines with required elements and combinations on each apparatus.

Emphasis is now on artistic performance, as well as the development and execution of those skills.

Gymnasts at this level will be required to practice 3 days per week with longer practice times due to increased difficulty in skill levels and strength.

XCEL Bronze & Silver

The introductory XCEL levels focus on basic skills and excellent execution through short optional exercises. **We currently do not offer the XCEL Bronze & Silver program at TTGC.**

XCEL Bronze is equivalent to CCP 1 & 2.

XCEL Silver is equivalent to CCP 1, 2, and 3.

XCEL Gold

Currently at TTGC, our XCEL competitive program begins at XCEL Gold. This is due in part to the belief that athletes should experience the benefit of compulsory aspects of the CCP program up to Level 4 first.

XCEL Gold is designed for beginner competitive and developing gymnasts who have limited training and experience, or who are transitioning between CCP levels.

XCEL Gold is equivalent to CCP 3 & 4.

XCEL Platinum

XCEL Platinum is designed for competitive gymnasts who are ready to incorporate more difficult skills in their routines, or who are ready to leave the CCP program to explore their individual apparatus strengths.

XCEL Platinum is equivalent to CCP 5 - 7.

XCEL Diamond

XCEL Diamond is designed for gymnasts who are prepared to incorporate more difficulty into their routines.

XCEL Diamond is equivalent to CCP 7 - 10.

CCP Level 3+/XCEL Gold+ Competitions and Provincial Championships

Athletes are strongly encouraged to attend all competitions offered. Athletes in these levels generally attend 3-4 competitions per season.

These athletes are eligible to compete at the provincial level. In order to qualify for the Saskatchewan Provincial Championships, they must attend a minimum of 3 competitions and receive 2 All Around qualifying scores (averaged). Qualifying scores vary year to year and depend on the level the gymnast is competing in. You can find more information about qualifying scores on the GymSask website, or by talking to the Head Coach. Scoring will be explained to athletes at this level.

Athletes in CCP and athletes in XCEL do not compete against each other. They only compete within their respective programs, including at the Provincial Championships.

Advancement in Levels

Advancement from level to level will be based on the athlete's execution of skills and routines in practice as well as competition. Coaches also assess strength, flexibility, body awareness and coordination, as well as maturity when considering an athlete for leveling up. There is no deadline in a season for an athlete to move up. The deadline to move down is generally the beginning of the competition season.

Competitive Routines

Compulsory level 1 & 2 routines will be taught during regular practice time with practice material sent home for athletes to work on independently.

Compulsory level 3 & 4 routines will be taught during extra practices over weekends in October and November. All athletes in compulsory 3 & 4 will be expected to attend. Extra choreography material will be sent home for athletes to work on independently. For athletes repeating a level, they will still be required to attend choreography practices as a refresher.

Optional routines (CCP 6+ and XCEL Gold Competitive+):

- Beam: Athletes will create their own beam routine. Coaches will assist when needed.
- Floor: Athletes will keep floor routines and music for 2 years, even if they change level or programs. **There are 3 options** for floor routines when they need a new routine:
 1. Athletes may select their own music for floor (with coach approval), and create their own routine on floor (with coach approval). There is no charge for optional routines this way. Athletes will have a deadline for creation, and will be expected to use choreography practices and their own time to do this.
 2. Athletes may choose a routine & music that has been “retired” from a previous athlete and will learn the routine via video/with coach or previous athlete assistance. There is no charge for this. Athletes will be expected to use choreography practices and their own time to do this.
 3. If not interested in option 1 or 2, athletes may book a private lesson with a coach who will select music and create a routine for the athlete. Family must pay for the costs of private lessons and prep time. (Approx cost is 4 hours of private lesson)

Understanding Scoring at Competition

CCP Levels 1 & 2, XCEL Bronze & Silver

CCP 1 and 2, and XCEL Bronze and Silver, are achievement oriented levels, therefore scores will not be displayed at competitions. These are introductory competitive levels in which gymnasts are learning to compete.

Gymnasts will be judged on all four events. These events will be scored out of 10.

Your athlete will receive a ribbon for each event based on their score for each event:

- Red ribbons mean your gymnast achieved a score of 9.000 or higher
- Blue ribbons mean your gymnast achieved a score between 8.300 to 8.999
- White ribbons mean your gymnast achieved a score of 8.299 or below

These athletes will also receive an all-around medal. Your athletes all-around score is the total score of all four events added together.

- A Gold medal is an all-around score of 36.000 or higher
- A Silver medal is an all-around score of 33.200 to 35.999
- A Bronze medal is an all-around score of 33.199 or below

Only coaches will be provided with the scores after each competition. You will not be informed of your gymnasts score in these introductory levels, nor will the athletes. Please do not ask coaches or judges for the scores of your athlete.

CCP Levels 3 – 10, XCEL Gold, Platinum & Diamond

Starting at CCP Level 3 and XCEL Gold, athletes' scores will be displayed at competitions for all four events.

At these levels your gymnast will not only compete against themselves but other gymnasts from around the province.

Gymnasts will receive scores for each event. The top three athletes will receive medals (Gold, Silver, and Bronze) for each event. Athletes placing 4th to 8th will receive a ribbon. Your child has the opportunity to place in all four events as well as all around.

The all-around score is the total score of all four events your athlete competed in. This is the score that your qualifying mark for provincials will be based on.

Competition Tips

Competition season begins in January and ends in May (depending on level). Your gymnast may compete at selected competitions across the province.

Be on time! Please arrive at the competition a minimum of 15-20 minutes early. Parking can be sparse at competitions. Come to the competition with your competition leotard and track suit on.

Gymnasts may wear shorts or leggings to compete in. These shorts or leggings MUST be plain black and MUST be form fitting. There will be an option to order shorts at the time leotards are ordered, or you may purchase your own. If you plan on wearing your own shorts or leggings,

have them approved by a coach prior to the first competition.

Hair should be pulled back and out of the athletes' face in a tight do (bun, pony tail, braids, etc). Bangs should be pinned back and out of the athlete's eyes. Gymnasts may be deducted points if hair touches any apparatus or falls into their eyes. This may be considered a danger to the athlete.

Gymnasts will be deducted if any underwear is showing outside of their leotard – this includes bra straps.

Please make sure nails are trimmed before competition. No nail polish, or just neutral tones, are expected during competition season.

Earrings and jewelry are not to be worn at competition. In doing so your athlete may receive a deduction per apparatus. Athletes may wear clear studs to replace nose studs.

Make sure your athlete has eaten a nutritious meal or snack before competing. Pack a snack (ex, cheese strings, granola bars, fruit) as well as a bottle of water in the gymnast's competition bag. There may be a canteen, however do not rely on this for your athlete.

Bring cash. There will be an admission at all competitions. There may also be a charge for programs.

Be positive and supportive both before and after competition. As parents our job is to cheer on our gymnasts, not to coach them. The coach will do the coaching. We all have bad days. Not every meet will be perfect. Encourage your athlete to have fun.

It is okay to cheer at competitions. Don't be afraid to clap or cheer on your athlete!

Most importantly, HAVE FUN! Enjoy watching how much progress your gymnast has made this year!

Competition and Competition Readiness

Competition season typically runs from January to April with Provincials for our CCP 3+/XCEL Gold+ athletes in May. Your gymnast has the opportunity to compete against athletes across the province at various locations.

Competition entry fees are the responsibility of the family. Fees range from approximately \$85 - \$150 depending on the level and type of competition.

You will be required to pay the entry fee and sign the host club's waiver BEFORE your child will be registered for the event. Host clubs place a deadline for registrations. At TTGC we are required to meet that deadline, therefore, if you are late in paying or signing up, your child will be unable to register.

If a considerable amount of practises are missed during competition season, an athlete may not be allowed to attend competition. This is to ensure your athlete has had the appropriate training to safely perform their skills. The coaches will make the final decision based on the athlete's level and preparedness. Please inform coaches ahead of time if you know your athlete will be missing practices during competition season.

Gym Class Do's and Don'ts

Do come with a positive attitude. Gym class should be an “I can” environment.

Do bring a water bottle. If your class is longer than 2 hours please bring a snack/meal as well.

Do NOT wear loose clothing. Please wear a gymnastics leotard. Loose clothing can get caught and potentially injure the coach/athlete.

Do wear your hair up so it will not be in the way or get caught on an apparatus. Do NOT wear jewelry. This can lead to injury.

Do be on time! This means gym suit on and hair up when you get to class.

Do NOT enter the gym floor or any apparatus at gym until the beginning of class or until the coach instructs you to do so.

Do NOT attempt to perform a new skill until the coach has given you permission to do so. New skills require proper body mechanics and if not performed properly may lead to injury.

Do stop what you are doing when the coach tells you to stop! Your coach is highly trained and wants you to learn to push yourself, but stay safe as well.

Be positive and supportive of your team mates. Even though gymnasts compete individually, we still train as a team. Most importantly, HAVE FUN!

Competitive Code of Conduct

Training Fees and Times

Registration / GymSask membership fees are required at the start of the year (September) and will be collected with the initial payment, or full annual fees. Families may choose to pay training fees at once, in September, or in monthly installments. All monthly payments must be provided by post-dated cheques or before the first of each month.

If the GymSask fee is not paid by the first day of class, your child will not be able to participate. These fees are for insurance of your athlete.

Late/Nonpayment Policy

TTGC is a nonprofit organization that relies on fees of athletes to make our program a success. If a family does not satisfy their monthly fee prior to the 1st, or any other invoice resulting in the athlete's participation in the program within the scheduled time frame, their athlete may not be permitted to train until payment is made.

Financial Assistance:

Any family wishing to access financial assistance for their athlete can do so from: KidSpot, JumpStart - Canadian Tire or Gymnast First grant

Training Leotards

All gymnasts participating in the competitive program MUST be in a leotard! This ensures that our gymnasts will be safe as they perform and master their skills on all apparatus. This will also keep coaches safe as loose clothing has the potential to get wrapped around arms, fingers, and feet. It will be up to the coach's discretion to help guide gymnasts to the appropriate attire.

Hair and Jewelry

ALL long hair is required to be pulled back and off the gymnast's face. ALL jewelry needs to be REMOVED! Serious injury can occur from small items. We want all gymnasts to have a safe and fun experience!

The coach may request appropriate training attire.

Competitive Clothing

All athletes in the competitive program will be required to purchase a Tisdale Twisters Gymnastics Club leotard and track suit for attendance of competitions. Shorts will be offered to be purchased to compete in, but are not mandatory. You may purchase your own shorts, but they must be plain black. All clothing is purchased at your own expense.

Cost of a track suit will range from \$50 - \$100. Jacket must be purchased through the club. Gymnasts must also have a pair of plain black, full length, athletic leggings. They may choose their own leggings.

Cost of leotard will range from \$150 - \$300

Cost of shorts will range from \$30 - 50

Equipment

In some instances, you may be required to purchase special equipment or training aids such as grips, wristbands, etc. This will be at your own expense.

Attendance Requirements and Late Policy

Athletes MUST train on the dates and times established for their group. The amount of time that your gymnast trains is extremely important to reaching their goals for the year. Please contact your coach if your child needs to miss a training day. This will allow the coach to be prepared for the appropriate amount of athletes coming to training days.

If an athlete decides to miss a training day, the time CANNOT be made up unless prior arrangements have been made with the coach.

If a coach is ill or takes personal time, an alternate coach will take the class or the class time will be rescheduled. No monetary credits or refunds will be issued.

Correspondence:

Please review emails, notice boards and Team Reach for all outgoing information. It is the member's responsibility to remain informed of all possible changes.

Competition Season

During competition season, occasional practices may be canceled or rescheduled due to meet schedules. We will do our best to give advance notice of any schedule changes or days off, however, this is dependent on when competition schedules are released.

Attitude Clause

In previous years we have observed athletes who have demonstrated an attitude of willful participation and joy in the sport.

We expect our athletes to respect our coaches, volunteers, guests and other athletes. Our gym is an “I will try” gym NOT an “I can’t” or “won’t” gym. Our coaches are trained professionals who love the sport, and are very gifted in coaching. Our coaches see the potential in your child, therefore, will give encouragement to help your child reach the goals they have set for the year.

It is for the safety of all athletes and coaches on the floor, that the athlete will train and condition as the coach has prepared for them. Athletes who do NOT demonstrate respectful attitude and who refuse to participate in all aspects of their training requirements, may be required to withdraw from the program.

How do I withdraw from the program?

If the gymnast decides to leave the club mid-season, both the coach and head director will need to receive written notice in the calendar month prior to their last training day. In order to avoid additional fees, this notice must be received prior to the 1st of any given month. Fees will continue to be taken until written notification has been received and no refunds will be issued. Fees remaining for the year will be discontinued or refunded after one-month notification, upon reasonable withdrawal of the athlete.

In Conclusion

We are excited for your athlete to be joining the CCP/ XCEL program at TTGC. For more information contact us by email at: twisterscompetitive@outlook.com or find us on Facebook under Tisdale Twisters.