



TROY  **GYM**

**XCEL TEAM
INFORMATIONAL PACKET**

WELCOME



Welcome, and thank you for your interest in learning more about our XCEL Program!

The USA Gymnastics XCEL Program is a competitive pathway designed to offer gymnasts a flexible and rewarding team experience with a lower time and financial commitment than traditional competitive programs. It includes five levels—Bronze, Silver, Gold, Platinum, and Diamond—and allows athletes to perform optional-style routines that highlight their individual strengths and personalities.

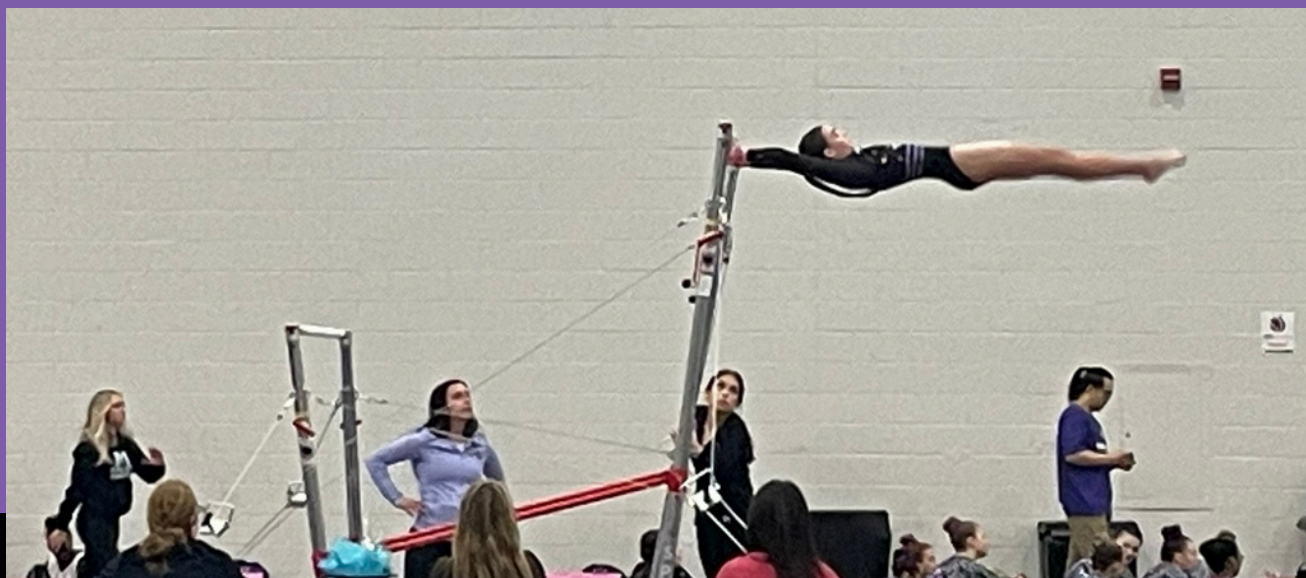
Our Bronze Team focuses on building a strong foundation by developing basic gymnastics skills, flexibility, and strength. Gymnasts at this level gain confidence while participating in fun meets.

The XCEL Silver-Diamond Team provides a team atmosphere and competitive experience while maintaining a balanced schedule. Athletes perform individualized routines and compete in sanctioned away meets. The XCEL Program is designed to help gymnasts grow, build confidence, and enjoy the sport while balancing other commitments.

We would love to welcome you to our team!

WWW.TROGYM.COM/XCEL

TEAMS OVERVIEW & TRYOUT INFORMATION



ALL TEAMS REQUIRE:

YEAR LONG COMMITMENT

UNIFORMS (\$120+)

2-3 PRACTICES/WEEK

MEET FEES (\$400+)

TUITION: ~\$350/MONTH

ADD'L CHOREOGRAPHY COSTS

3-5 COMPETITIONS/SEASON

COMPETITION W/ FLEXIBILITY

OUR SEASON RUNS FROM JUNE 1, 2026 THROUGH JUNE 1, 2027. COMPETITION SCHEDULES VARY BY LEVEL AND TYPICALLY RANGE FROM DECEMBER-APRIL.

TRYOUT INFORMATION

APRIL 22 - 4:30 PM & 6:00 PM

APRIL 24 - 4:30 PM & 6:00 PM

APRIL 25 - 12:30 PM & 2:00 PM

🕒 APPROX. 60 MINUTES | 🧑 AGES 4+ | 💰 \$10

INFORMATION REGARDING PLACEMENT, PRACTICE TIMES, DETAILED COSTS, ETC. WILL BE EMAILED FOLLOWING THE COMPLETION OF ALL TRYOUTS.

SIGN UP BY CALLING THE OFFICE AT 248-816-8496 OR EMAILING
TGTEAM@TROYGYM.COM

MEET THE TEAM LEADS



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