

Xcel / Tumbling Team Meeting Agenda

1. Team schedules
2. A Year on Team
3. School Year Calendar
4. Costs & Expectations
5. Signing up for events
6. APEX 101 Communication
7. Team Summer Events
8. Summer checklist



**2024-2025 APEX Xcel Teams
Practice Schedules & Tuition**

The current schedule ends on June 15, 2024. We are closed from June 16 – June 23, 2024. We will begin the summer schedule on June 24th and it will run through August 16th. There will be no practice on July 4, 2024. APEX will close on August 17th and will open for the Fall, 2024 schedule on Tuesday, September 3, 2024.

Group	Summer Schedule 2024	Schedule TENTATIVE 2024-2025	Additional Costs	Yearly Coaching Assessment Due 11/1
Xcel Diamond/Platinum	Monday & Wednesday 6:30 – 9:00 pm Friday 4:30 – 7:30 pm \$330.00/month	Monday & Thursday 6:30 – 9:00 pm Saturday 9:30 – 12:30 pm \$330.00/month	Approx. \$125 uniform Meet fees Floor music & choreography \$200 Team Reg./USA Membership Fee \$165	\$265.00
Xcel Gold	Monday & Wednesday 6:30 – 9:00 pm Friday 4:30 – 7:30 pm \$330.00/month	Monday & Thursday 6:30 – 9:00 pm Saturday 11:30 – 2:30 pm \$330.00/month	Approx. \$125 uniform Meet fees Floor music & choreography \$200 Team Reg./USA Membership Fee \$165	\$265.00
Xcel Silver	Tuesday 6:00 – 8:30 pm Friday 5:00 – 7:30 pm \$275.00/month	Tuesday 6:00-8:30 pm Saturday 2:00 -4:30 pm \$275.00/month	Approx. \$125 uniform Meet fees Team Reg. Fee/USA Membership \$165	\$265.00
Xcel Bronze	Tuesday & Thursday 6:00 – 8:30 pm \$275.00/month	Wednesday & Friday 6:00 -8:30 pm \$275.00/month	Approx. \$125 uniform Meet fees Team Reg. Fee/USA Membership \$165	\$265.00

**NEW FOR SUMMER 2024
APEX Team Flex Days**

APEX Team Flex Days will be offered each Wednesday from 1:30 – 4:00 pm. Flex days are structured practices led by team coaches. Gymnasts will be able to work on problem skills, extra choreography time to get those routines down or just to add some hours over the course of the summer. These are a great way to help balance out missed time due to vacations and you sign up as you need them over the summer. Flex Days will be open on the parent portal each week and are \$60 each. Pick and choose the days you are interested. Space is limited.



**2024-2025 Summer T & T
Teams Practice Schedules &
Tuition**

	Summer 2024	School Year 2024-2025	Additional Costs	Yearly Coaching Assessment
T & T Team	<p>Thursday 7:30 - 9:00 pm \$165.00/month</p> <p>Add a second TT class for an additional \$55 per month</p> <p>Add to another APEX team \$105/month</p>	<p>Wednesday 7:30 - 9:00 pm \$165.00/month</p> <p>Add a second TT class for an additional \$55 per month</p> <p>Add to another APEX team \$105/month</p>	<p>Approx. \$ 125 uniform plus trampoline shoes (same as last season)</p> <p>Meet fees TBD (2-3 meets per year) \$165 team registration fee (charged April 15th)</p> <p>USA Gymnastics Membership \$75 (due December TBA based on meets)</p>	\$125 due January 1 st

The current schedule ends on June 15, 2024. We are closed from June 16 – June 23, 2024. We will begin the summer schedule on June 24th and it will run through August 16th. There will be no practice on July 4, 2024. There will be a make up provided. APEX will close on August 17th and will open for the Fall, 2024 schedule on Tuesday, September 3, 2024.



Congratulations! Your child has been selected to become part of the Boys Xcel Team! Because of the commitment and hard work they have shown in their current program, they have been chosen to become part of this select group.

Xcel team practices between 5- 8 hours per week, year- round. There is a continued emphasis on correct progressions to help gymnasts learn more difficult skills. Teamwork, goal setting, time management and responsibility are key skills that we emphasize. Regular attendance in team programs is expected and extended absences need to be discussed with your child's coaches. Gymnasts will attend up to 3 meets per year. One meet is mandatory.

There will be a team parent meeting on Zoom on April 4th at 6:00 pm. At this meeting we will discuss team rules and policies, expectations, and give you the opportunity to ask any questions. One parent from each family must attend. You can find the log in information below.

Please sign your child up for Xcel Team and pay the team registration fee of \$165 online by April 15, 2024. After this date all remaining slots will be filled from gymnasts on the waiting list. We will accept late registrations based on availability with a \$25 late fee. Schedules are found below.

If you have any questions, please do not hesitate to speak to us. Thank you and again, congratulations!

Directions to register online

Families should log into their account on the website, then click on "Booking" at the top of the page, then click on the box that says "Xcel Boys Team Registration", then they just click on the correct team and register.

Join Zoom Meeting

<https://us02web.zoom.us/j/85319120899?pwd=KzRoc1ZMN2p1azV4Q2JzYUVXYXJNQT09>

Meeting ID: 853 1912 0899

Passcode: Team2024

	Summer 2024	School Year 2024-2025 TENTATIVE	Additional Costs
Boys Xcel Jr.	Monday & Wednesday 4:30 -7:00 pm \$275/month	Wednesday 4:30 -7:00 pm & Saturday 9:00 am – 12:00 pm \$285/month	Shorts & shirt approx. \$75 Meet fees TBD \$165 team registration fee/USA Gymnastics Membership
Boys Xcel Sr.	Tuesday & Thursday 9:00 am – 1:00 pm \$330	Thursday 5:30 -9:00 & Saturday 9:00-12:00 pm \$315	Shorts & shirt approx. \$75 Meet fees TBD \$165 team registration fee/USA Gymnastics Membership

A Year on Xcel / TT Team

Timeline of Events

* Please be sure your address & email is current in your parent portal.

Summer Events

Welcome Packet Distributed – team rosters will be included to support carpooling
Team Sizing and Uniforms will be ordered in early July. Check your email for info as we
get closer! Fill out your google form online by the due date!

Girls Team Sleepover – July 12th – additional fee

Summer Pool Party at Ida Lee – August 15th 5:00 – 7:00 pm FREE for members

Meet Schedule released late summer

Be on the lookout for meet fees that are front loaded

APEX will close for all activities August 17th – September 3rd – Summer Break

Fall Events

APEX opens for all activities on Tuesday, September 3rd

Uniforms distributed

Team Photos will be taken – November

Halloween Spirit Week – Join in the team spirit during spirit week

November 1st – Team Coaching Assessment is due.

Holiday Donation Project – APEX Teams traditionally participate in some sort of
community giving project

Meets begin – December

APEX is closed for all activities November 27th – December 1st – Thanksgiving

APEX is closed for all activities December 24th – January 1st – Holiday Break

Winter Events

Team Building Function –members are invited to attend a college meet at University of
MD, George Washington University or Towson University

Meet season continues

Spring Events

Spring Break – April 14th – 20th – Teams will have modified schedule

April 15th – new year registration begins

State meets are usually in May

2024 – 2025 School Year Calendar

The summer schedule begins on June 24, 2024 and it will run through August 16, 2024. There will be no practice on July 4, 2024. APEX will close on August 16th and will open for the Fall, 2024 schedule on September 3, 2024. Classes will begin on September 3, 2024.

Tuition is due by the first of the month. Any tuition not paid by the first will receive a billing fee of up to \$30.

APEX is closed on the following dates:

October 31, 2024

November 27 – Dec 1, 2024 – Thanksgiving

December 24, 2024 – January 1, 2025 – Winter Break

April 14 – April 20, 2025 Spring Break/Easter

- Teams will have a modified practice schedule.

May 24 – 26, 2025 – Memorial Day

June 14, 2025 – Last day of fall practice

June 15 – 21, 2025 – Summer Break

Xcel / TT Costs & Expectations

- Monthly tuition
- Uniform – minimum cost of \$150 for leotard/uniform (boys slightly less) – we keep several years. We encourage you to size up.
- Floor music for Xcel Girls– approx. \$50 for Gold, Platinum, Diamond – we use for at least 2 years
- Floor routine choreography for Xcel Girls Gold, Platinum, Diamond – approx. \$200 for a 2 hour lesson to learn your routine.
- Xcel / TT Coaching assessment (varies)– once yearly fee due in November. This is the fee that covers the cost of coaches at meets. Hotels, mileage, food, tolls, coaching fees etc.
- Xcel / TT Meet fees – each meet has an entry fee per gymnast. They range from \$80 - \$125 depending on the meet. Many of them include a free leotard or t-shirt. You will be able to pick and choose which meets you choose to attend. See the document explaining how to sign up for meets.

How to Sign Up for Meets

- From our website (www.apexgymn.com), Click on Parent Login
- Click on Booking at the top of the page
- Scroll down until you see XCEL Meets (if your child is on XCEL Bronze, Silver, Gold, Platinum or Diamond) or Developmental Meets (if your child is on a Developmental Team such as Emerald, Sapphire, etc.)
- Select the meet you wish to register for. If your child is XCEL, make sure you select the correct team – it will be in all caps at the end of the title (e.g., “Flower Power Invitational – BRONZE”)
- Continue following the prompts, answer any questions (i.e., leotard or t-shirt size), and pay. You are registered!

How to Sign Up for a Team Clinic

- From our website (www.apexgymn.com), Click on Parent Login
- Click on Booking at the top of the page
- Scroll down until you see XCEL Team Clinics or Developmental etc.
- Select the clinic you wish to register for. Read the description to ensure you are signing up for the correct clinic (i.e., “Open to XCEL Bronze/Silver only”)
- Continue following the prompts and pay. You are registered!

How to Sign Up for a Team Event/Party

- From our website (www.apexgymn.com), Click on Parent Login
- Click on Booking at the top of the page
- Scroll down until you see Team Activities
- Select the event you wish to register for. Read the description to ensure you are signing up for the correct activity (i.e., “Open to XCEL Bronze/Silver only”)
- Continue following the prompts and pay. You are registered!

APEX 101
Additional Communication Methods



Subscribe to the Google Calendar
<https://tinyurl.com/apexgymn>

TEAM SCHEDULE UPDATES & CHANGES
APEX PASSWORD PROTECTED PAGE ON WEBSITE – PASSWORD IS now
2023JOTeam

Social Media
Fans of APEX Gymnastics Team Facebook page
VGBC-Apex Yard Sale Facebook page for used uniform items
@apexgymn – Instagram page



JOIN US FOR
THE

GIRLS TEAM SLEEPOVER

**GIRLS XCEL, TT & JO TEAMS
JULY 12TH 7:30 PM - JULY 13TH 8:30
AM**

**BRING SLEEPING BAG, PILLOW,
GYM CLOTHES, SLEEPING CLOTHES
& TOOTHBRUSH!!**

\$75 Deadline July 3rd

INCLUDES DINNER, SNACKS, DRINKS PLUS DONUTS IN THE MORNING!

**SIGN UP ON
THE PARENT PORTAL TODAY!
SPACE IS LIMITED!**



2024 OLYMPIC WEEK TEAM CAMP

**JULY 15th - 19th
9:00 AM - 4:00 PM**

**Come celebrate the Olympic Spirit
with us at our Team Camp!**

**Structured workouts on all events plus
Trampoline, Dance, Open Gym, Olympic
themed games & crafts plus a pizza party &
water slide on Friday!**

**Join our Team Coaching staff plus some
extra guests for this fun filled week of
learning!**

**Open to all girls team gymnasts - Xcel,
Developmental Teams, JO teams**

\$450

New Team Parent Checklist

- April 15th - Deadline to sign up for Teams
- Summer TBA - USAG Forms due online
Will receive directions via email.
- June 15th - Last day of School Year Schedule
- June 16th - 22nd - APEX Closed for Summer Break
- June 24th Summer Practice Schedule Begins
- July 4th - APEX is closed.
- July 9 -11 - Uniform sizing & orders.
Payment charged on 7/12
- July 12th Team Sleepover - Sign up online
- August 15th - Customer Appreciation Pool Party
Free for students - watch for details
- August 16th - Last day of Summer, 2024 Schedule
- August 19th - TBA - APEX Closed for School Year Break