

HOW DO ATHLETES PROGRESS THROUGH OUR PROGRAMS?

Recreational Gymnastics Programs

Tumble Together - Little Leapers - Fundamentals and Friends - BoyZone - GymFit Homeschool - GymKidz Camps

Recreational programs are the most appropriate placement for the vast majority of youth wishing to participate in gymnastics.

BGC has a wide range of recreational level gymnastics programs designed to teach a wide variety of traditional beginner and intermediate gymnastics skills in a safe, fun environment. All of our recreational programs are age based classes so we can provide instruction at a developmentally appropriate level. Coaches will divide athletes based on ability and experience at specific points during each class as it's appropriate for the targeted activity and skills.

All recreational programs run seasonally to allow participants and their families to balance their schedule as the seasons and opportunities within our community change. All of our recreational programs are open enrollment to the general public 4 or more times per year and opportunities are given on a first come first served basis.

Our recreational programs are excellent supplements to other sports as participation in these programs will increase overall strength, flexibility and coordination. These programs will provide exposure to a wide range of gymnastics skills while building a strong gymnastics foundation for those who wish to potentially pursue the sport further in the future. These programs also aim to increase confidence and overall social, emotional, and physical well being that will impact many areas of life.

Please note: Our recreational programs also serve as an ongoing tryout process for girls who desire to become BGC team athletes. Our staff is trained to constantly assess each participant for readiness for more intense or difficult programming and provide notification of appropriate next steps for your child to enjoy gymnastics to the fullest.

Progress through our recreational programs:

All recreational programs are divided into age groups and the level of instruction and activities not only change weekly, but overall expectations change with athlete age and overall maturity. These programs are all dynamic, constant motion programs designed to provide confidence building experiences and specific challenges along the way. ***The vast majority of athletes will spend multiple YEARS working towards a mastery of traditional beginner and intermediate gymnastics skills in this recreational environment.***

Please note: GymFit homeschool, GymKidz camps and BoyZone are designed to engage children with their community and their peers in a safe and fun environment. These programs are NOT designed to build strong gymnastics foundations, but instead designed purely to add enrichment and healthy physical activity to your child's life in a fun and safe environment.

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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.

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.