



Team Program

Carolina Gymnastics Center has a great competitive boys and girls program with each one of our team coaches being USAG certified. We offer training for girls at levels 1-10 & Xcel Bronze-Diamond. Our boys training starts at level 4 and continues to level 10. Carolina Gymnastics Center has produced numerous state champions, regional champions as well as national qualifiers.

Compulsory vs. Optional

Junior Olympic USAG Compulsory level gymnasts perform pre-designed routines designating specific movements required of all gymnasts. Each level has its own routine and each gymnast performs the same exact routine to the same exact music (only girls use music). For girls, levels 1-5 are compulsory. For boys, levels 4-7 are compulsory.

Junior Olympic USAG Optional level gymnasts perform personally-designed routines which show the gymnast to the best advantage. In this case, girls would choose their own music. Each gymnast must include in his/her routine specified skills according to the skill level he/she is competing. For girls, levels 7-10 are optional levels. For boys, levels 8-10 are optional levels.

USAG Xcel is a unique program that meets the needs of many gymnasts by providing a team atmosphere and competition experience without the strenuous commitment of time and finances of the Junior Olympic program. The optional nature of the program also allows gymnasts to develop original routines that fit their own talents and personalities. Xcel has levels Bronze-Diamond.

Team tryouts are held in May of each year.

For more information on our team programs, please contact the front desk.