

Paragon National Training Center

Artistic Boys Team

Program Overview

Paragon US National Training Center, LLC. was established in June 2011 with the express purpose of training boys for participation in USA Gymnastics artistic boys program.

We specialize in the following umbrella programs, in participation with USA Gymnastics events:

- Essential Elements (Levels 1, 2, 3)
- Junior Olympic Compulsory (Levels 4,5,6,7)
- Junior Olympic Optional (Levels 8,9,10)
- Junior Developmental Optional
- xCel for Boys
- Junior Elite Compulsory (Future Stars)
- Junior Elite Optional (Technical Sequences)

Paragon is unique in the state of Maryland in that our athletes and families are able to choose different paths (based on the recommendations of the coaching staff) for their development. [**See Mobility Chart**]

All boys new to the Team (or Pre-Team) will be placed in the **Essential Elements Program**, which we call "Hotshots."

Starting at Level 4, and continuing into Level 7, athletes compete in the **Junior Olympic Compulsory Team**. There are two divisions inside the Compulsory Team:

- **Division 2**

- 9.5 Points for a base routine,
- (3) 0.1 virtuosities,
- (1) 0.2 "stick" bonus,

The athlete can score a maximum of 10.0 points on their event.

- **Division 1**

- 9.5 Points for a base routine,
- (3) 0.1 virtuosities,
- (1) 0.2 "stick bonus,
- up to four (depending on level) bonuses worth 0.5 each

The athlete can score ABOVE a 10.0 up to a maximum of 12.0

After Level 6 or 7, the athlete will move into either the **Junior Olympic Optional Program** (Levels 8-10) OR the **Junior Developmental Optional Program**.

Level 8

- Is a modified optional level.
- Athletes have (4) required element groups that they must fulfill.
- Each athlete will start with a 10.0 BASE score + 2.0 (.05 each requirement), or a 12.0.
- Up to 8 skills comprising difficulty will be added to the 12.0 BASE score to reach a final possible score, which typically can range between a 12.8 – 14.0 or HIGHER.

Level 9 & 10

- Are levels divided by age groups, with very similar requirements.
- Athletes have (4) required element groups that they must fulfill.
- Each athlete will start with a 10.0 BASE score + 2.0 (0.5 each requirement), or a 12.0.
- Up to 8 skills comprising difficulty will be added to the 12.0 BASE score to reach a final possible score, which typically can range between a 12.8 – 14.0 or HIGHER.

Junior Developmental Optional

Division 2

- Athletes will start with a 10.0 BASE score.
- Athletes are allowed to do up to (6) skills on each event.
- The difficulty of the skills are added to the 10.0 BASE score.
- Final possible score usually ranges between a 12.6 and 13.6.

Division 1

- Athletes will start with a 10.0 BASE score.
- Athletes are allowed to do up to (6) skills on each event.
- Athletes are allowed to do up to (3) element groups (not required) which can add up to 0.5 per element group, raising the base score to a 11.5.
- The difficulty of the skills are added to the 11.5 BASE score.
- Final possible score usually ranges between a 12.1 – 13.0.

We also offer xCel for Boys:

USA Gymnastics believes that every boy should have the opportunity to “play the game” and be part of a team regardless of skill level. Xcel for boys is the next step for a male gymnast in the earlier stages of learning gymnastics who is interested in competing in team competition at a recreational level.

Who is xCel for?

The Xcel Program is designed to offer a broad-based, affordable competitive experience outside the traditional Jr. Olympic Program to attract and retain a diverse group of athletes.

xCel is a great program for gymnasts that:

- Are at a variety of levels, abilities, age and commitment levels and want to enjoy the benefits gymnastics has to offer while having more flexibility than the Junior Olympic Program.
- Have a passion for gymnastics and want to stay involved in the sport for the long term, but do not necessarily have national or elite level competitive goals.
- Are busy with other activities or sports but still want to be active in the sport as a competitive or non-competitive gymnast.

Finally, we also offer the Junior Elite Compulsory (Future Stars) and Optional (Technical Sequences) Program...

Junior Elite is designed for athletes who would like to one day have an opportunity to be on the Junior National Developmental, Junior National, or Senior National Team. Athletes in this program will train more days and hours, and have additional requirements for practice, travel, and competitions. Optional routines will be comprised of mandatory skillsets as mandated by USA Gymnastics, and will be tailored to meet NCAA and FIG (International) competition requirements to successfully transition into Division 1,2 or 3 intercollegiate programs. **Junior Elite** athletes typically transition from the **Future Stars** Program.

Future Stars is a talent identification program designed by USA Gymnastics to fast-track athletes into the National Team Competitive track. These athletes are chosen by our coaching staff on an invite only basis, and are subject to the same commitment and travel requirements as those athletes participating in our **Junior Elite** program.

Athletes must try-out and be accepted into this program, and their participation will be re-evaluated each season. This program is available to athletes ages 6-14. These athletes also compete in the Compulsory/Optional program during the course of the school year