



Competitive Gymnastics Program
Helping athletes grow beyond the backflip

Welcome to the NGC Competitive Gymnastics Program!

Thank you for your interest in our competitive gymnastics program. At NGC our mission is to promote fitness, self-confidence, poise and athletic skills among area youth through gymnastics training. To live our mission and vision for NGC we offer two competitive associations—Midwest Amateur Gymnastics Association (MAGA) and National Gymnastics Association (NGA). We offer both associations in hopes to offer a competitive opportunity that fits each individual athlete at NGC.

MAGA is a regional governing body designed to prepare athletes to compete for MN state high school gymnastics teams. Requiring optional level gymnastics skills to be successful in this program, most athletes begin competing after a few years of practicing gymnastics skills. With typical training hours ranging from 9-12 hours/week and competitive season from November through February which follows the high school gymnastics season.

NGA is a nation-wide governing body offering competitive gymnastics opportunities for athletes at all levels of the sport beginning at age 5. With 14 different levels of competition requiring a different skill set at each one, athletes move through this program while gaining gymnastics skills. Typical training hours for this association range from 4-12 hours/week depending upon difficulty level of skills. Competitive season for NGA runs from November through March with Championship season to follow and include State, Regional and National competitions. This association does typically travel outside of the midwest during the regular season and then for Regionals & Nationals.

Thank you again for your interest in our program, if you have any questions or would like to have your athlete evaluated for our competitive program please contact Mark Morpew (Mark@northfieldgymnastics.com) or Krystal Wallerich (Krystal@Northfieldgymnastics.com)

NGC 2022-2023 Competitive Program—Year at a glance

Competitive gymnastics is typically a year-round commitment to be successful in gaining new skills and continuing to build strength, flexibility & endurance. Many of our athletes do play multiple sports and at NGC we encourage this and try to be as flexible as possible with scheduling when we can. Below is the outline of a typical competitive year so you know in general what you can expect as a new athlete to our team program.

Month	Typical schedule/activities
April	Team Prep Class Team General Informational Meeting Open Placements/Try-outs NGA State Meet NGC Team Banquet
May	Team Prep Class Team Commitment Due (\$35) Summer Schedules Released NGA Regional Meet
June	All athletes begin summer practice groups/schedules NGA Nationals
July	Summer Practices Continue Apparel Orders Placed Fall Practice Schedules Released
August	Summer Practices Continue Mandatory Parent Meeting Meet Schedules Released for season Level Placement Determined Mandatory Team Routine Camp (Aug. 8-12)
September	Fall Practice Schedules begin Recovery Week (beginning of Sept) Apparel Fees Due
October	Meet Fee Payments Begin Fall Fundraiser
November	Meets Start
December-February	Regular Season Meets (MAGA & NGA) NGA Championship Season Begins
March	MAGA Divisionals & Individuals

NGC Competitive Team Costs 2022

Pricing below is approximate and could change depending upon product pricing. Tuition for 2022 will not change. Pricing is the same for each association unless noted by association.

Tuition	
4 hours/week	\$96/month
6 hours/week	\$144/month
9 hours/week	\$216/month
12 hours/week	\$288/month
Apparel	
Short Sleeve Comp Leo (Levels 1-4 NGA)	\$40
Long Sleeve Comp Leo (MAGA & NGA Levels Gold-10)	\$145
Team Jacket	\$55
Team Backpack	\$55
Team Leggings	\$40
Meet Fees	
NGA Meets	\$80-130/meet
MAGA Meets	\$30/meet

NGC Upcoming Team Events & Dates

April 23	Open Placements/Assessments for 2022-23 team
April 27	Open Placements/Assessments for 2022-23 team
May 10	Team Commitments Due (\$35) (Practice Leos Ordered)
June 1	Sign-up & Payment for Summer Practices Due
June 7-13	Recovery Week—No Team Practices
June 14	Summer Practice Schedules Begin
July 1-5	Gym Closed—Recovery Week
July 26 @ 6pm	Mandatory Parent Meeting & Apparel Sizes Due
August 8-12	Mandatory Team Routine Camp (Gym Sleepover Thurs-Fri!)

Midwest Amateur Gymnastics Association Overview

The MAGA is a local gymnastics association that seeks to promote the sport in the states of Minnesota, Wisconsin, Iowa, and the Dakotas. The MAGA has been in existence since the mid-80s and Northfield is one of its founding member clubs. The MAGA is run using the NFHS Girls Gymnastics Rule Book, that is the set of rules used by all high school gymnastics in the US.

Gymnasts competing in the MAGA are mainly, but not necessarily, on a trajectory to compete for a high school program, thus, the skills and routines they will be training have that goal in mind. There is less of a focus on scores by me as long term development of skills will guarantee more success once the athlete reaches high school. Athletes ``compete where they are” essentially and get the score based off of whatever starting value they can make. This means that typically the younger or newer gymnasts in the MAGA the lower their scores will be as they haven't had the time and training to be scoring 9s like a high schooler. Big scores are earned through a lot of hard work and dedication. This means that throughout a season a gymnast can add skills to their routines from meet to meet and train with those goals in mind. Scores can 2-3 points in a season as a gymnast improves.

There are several exceptions to the NFHS rules to accommodate younger and smaller gymnasts as well. There is a 2.0 minimum score. Even if it is a void vault or routine, the gymnast receives a 2.0. For all age groups, there is no low height requirement for the vaulting table as long as it is set where it can be locked-in correctly. For novice and children age groups, there is no low height requirement for the beam as long as it is set where it can be locked-in correctly. Bars: A Flyaway Off the low bar will count as a Superior Element for all Age Groups.

Age groups for the MAGA are:

Novice (9 and under), Child (10-11), Junior (12-13), Senior (14-21)

Meets are scheduled for the day of and I try to schedule meets where our teams compete at the same times but some split sessions are inevitable. Meets for the girls can be from 8am-3pm.

My goal is to have all meets scheduled by September.

MAGAs competition season is November - March.

Divisional (Championship) meets could fall on any weekend in March. Divisional placements are based on team score averages. Individual Championships are earned with Divisional meet scores.

National Gymnastics Association Overview

NGA is organized by level for athletes ages 5-18 years of age. Each level has specific skill requirements ranging from beginner to advanced level gymnastics. Levels 9 & 10 requirements & rules are geared to prepare athletes for NCAA (college) gymnastics. NGA focuses on form and proper execution of skill over the difficulty of the element. Athletes begin at a 10.0 Start Value as long as their routine meets the requirements of the level. You will find more level specific information below.

Our NGA gymnasts have a few opportunities each season to travel outside the state, athletes ages 12 and older may travel with the team (without a parent). Athletes 11 and younger may attend travel meets with a parent or guardian. Information on travel meets is typically organized the spring prior to travel, with confirmed attendees needed by August 1st prior to the season.

Levels 1, 2 & Silver

These are called developmental levels. Athletes in these levels practice 4 hours/week. Their routines contain 4 skills on each event—Bars, Beam & Floor. On vault athletes use a large soft mat to show a fast run, quick board punch & tight body upon contact.

Levels 3 & 4

Still in the developmental phase of gymnastics, athletes in level 3 & 4 practice 6 hours/week. Their routines contain 5 skills on each event and begin to require basic connections of elements. Level 4 begins to use the vault table to show a front handspring vault.

Levels Gold, 5 & 6

Typically called “Pre-op” or “Pre-Optional” levels, athletes in these levels practice 9 hours/week and are beginning to develop intermediate level gymnastics skills and connections. Their routines contain 5-6 skills per event. On vault for Gold they continue to compete a front handspring vault. Levels 5 & 6 begin the progressive steps toward advanced vaulting with the options of yurchenkos, Tsuk, and hand-front entries.

Levels Platinum, 7 & 8

Optional level gymnastics begin at these levels as their connections and skills become more complex. Athletes at these levels practice 12 hours/week. Their routines contain 7-8 skills per event that must all be connected. On vault they begin to move those advanced level vaults to the vault table.

Levels Diamond, 9 & 10

Advanced level gymnastics is seen at this level. Athletes have routines that are more complex and contain bonus combinations as seen in NCAA gymnastics rules. These athletes train 12-15 hours/week.

There is no timeline for athletes to move through the 14 levels of NGA. Each individual athlete will move at her own pace through the program.

Meets typically last 2-4 hours depending upon the size of the meet and level competing. Meet dates are scheduled for the entire weekend—approx. 2-3 weeks before the meet we will receive

a day & time for each level to compete. Your athlete will only compete one time during the weekend meet.

NGC 2021-22 Summer Competitive Practice Groups

At NGC we believe in having a cohesive team that allows opportunities for all athletes as they grow in the sport of gymnastics. All athletes regardless of competitive association are placed into practice groups during the summer based upon skill level and that athletes specific goals. We strive to create an environment rich in self-confidence, success & learning for each individual athlete.

Practice groups vary in practice hours from 4 to 12 hours per week throughout the summer. Summer Schedules will be released in the beginning of May each year.