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# Canadian Competitive Program

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## **Dream Big. Train Hard. Go CCP at Explosion Gymnastics!**

If your gymnast is fueled by passion, driven by goals, and ready to reach for the highest levels of the sport, the Canadian Compulsory Program (CCP) at Explosion Gymnastics is where that journey begins.

We know that elite dreams require elite training — and we're here to make those dreams a reality. Whether your athlete is just starting out in the early levels or is laser-focused on reaching college gymnastics or national competition, Explosion Gymnastics proudly offers the full CCP competitive pathway: Levels 1 through 10.

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## **What is CCP?**

The Canadian Compulsory Program is a structured, progressive training system designed by the Canadian Gymnastics Federation to develop strong, technically sound athletes.

- Levels 1–5 (Compulsory): Gymnasts perform set routines with predetermined music and skill combinations. This builds a strong foundation in form, technique, and consistency.
- Levels 6–10 (Optional): Gymnasts and coaches work together to design personalized routines, showcasing their strengths with custom choreography and higher-level skills.

At the top levels, CCP athletes may be eligible for college recruitment, provincial and national teams, or even entry into elite competition.

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## Why Choose CCP at Explosion?

Explosion Gymnastics is proud to provide one of Alberta's top CCP programs, blending high-performance training with a supportive, team-oriented environment.

Here's what sets us apart:

- **Progressive Skill Development:** From the basics to elite-level skills, our CCP athletes follow a clear, step-by-step path to success.
- **Top-Tier Coaching:** Our experienced coaches bring years of technical expertise and a passion for athlete development. We focus on more than just skills — we build confidence, character, and resilience.
- **Goal-Oriented Environment:** We support gymnasts chasing big dreams — including provincial titles, national team spots, and university scholarships.
- **Team Culture:** Our CCP athletes are part of a close-knit, hard-working team that trains together, supports one another, and celebrates success every step of the way.
- **Proven Success:** Our athletes regularly shine at meets across Alberta and beyond, consistently demonstrating growth, skill mastery, and competitive excellence.

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## Is CCP Right for Your Gymnast?

The CCP track is ideal for gymnasts who:

- Thrive on structure, challenge, and long-term goals
  - Are motivated to train more hours and push their limits
  - Dream of competing at a high level and possibly continuing in college or elite gymnastics
  - Want to be part of a competitive, team-focused program with expert coaching
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We also recognize that every gymnast is unique. That's why Explosion Gymnastics is one of the few gyms in Alberta to offer both CCP and Xcel — giving athletes and families more options to find the best fit. Transitions between programs are always supported, and many gymnasts successfully move between the two as their goals evolve.

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## Join the CCP Team at Explosion Gymnastics!

If your gymnast is ready to chase big dreams and commit to serious training in a positive, high-performance environment — Explosion Gymnastics is the place to be. Our CCP athletes don't just train hard — they learn life skills, build lasting friendships, and grow into confident young leaders.

Contact us today to learn more about tryouts, evaluations, and how to join the CCP program at Explosion Gymnastics.

Big goals start here. Let's get to work.

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