
Xcel Competitive Program

Welcome to Xcel at Explosion Gymnastics — A Competitive Program That Fits Your Gymnast

At Explosion Gymnastics, we believe gymnastics should be empowering, flexible, and fun — without sacrificing the thrill of competition. That's why we're proud to offer Xcel, a unique competitive program designed to meet athletes where they are, helping them shine in their own way.

What is Xcel?

Xcel is a nationally recognized competitive program developed by the Canadian Gymnastics Federation as an alternative to the traditional CCP (Canadian Compulsory Program). It's designed for athletes who love gymnastics and want to compete — but may not fit into the one-size-fits-all structure of CCP.

Xcel offers progression through levels — Bronze, Silver, Gold, Platinum, Diamond, and Sapphire — as gymnasts develop their skills. It's ideal for:

- Athletes who start gymnastics later but still want to compete
- Multi-sport athletes balancing multiple passions
- Families seeking a lower time or financial commitment
- Gymnasts who crave creativity, individuality, and a more relaxed pace

Why Xcel Works

Xcel makes space for athletes who might otherwise be left out of competitive gymnastics. The routines are customizable, the time commitment is more manageable, and the expectations are realistic — without sacrificing skill development, performance quality, or team spirit.

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Xcel gymnasts train hard, compete at official meets, and grow in confidence as they move through the levels. What's different is how the journey is structured:

- More flexible training hours
- Creative routines tailored to each gymnast's strengths
- A focus on progress, not perfection
- Room to explore and enjoy the sport, without burnout

Explosion Gymnastics: A Leader in Xcel

Explosion Gymnastics was proud to be the first club in Alberta to introduce the Xcel program — and we've seen it transform lives. We've helped shape the growth of Xcel across the province and continue to set the standard for what inclusive, balanced competitive gymnastics can look like.

Our Xcel athletes compete with pride, passion, and purpose. Many have stayed in the sport longer thanks to the flexibility and fun that Xcel brings. We've even had gymnasts transition between CCP and Xcel as their goals and needs evolve — because we believe every athlete should have the freedom to grow on her own path.

Supportive Coaching. Positive Culture. Real Progress.

At Explosion, our coaches are passionate about finding the right fit for every gymnast. We don't just train athletes — we mentor, motivate, and cheer them on every step of the way.

Whether your gymnast dreams of standing on a podium, gaining new skills, or simply being part of a team she loves — Xcel could be the perfect place for her to thrive.

Explosion Gymnastics — Where Xcel athletes shine bright, compete hard, and love the journey!
