



Interested in Competitive Gymnastics?

PEAKS COMPETITIVE PROGRAM GUIDE

Peaks Competitive Program Philosophy

At Peaks Gymnastics, our athletes are at the centre of everything we do. We believe each athlete's journey is unique, and we strive to create an environment where they can take ownership of their goals while being supported by dedicated coaches, teammates, and families. Our primary focus is providing a positive sport experience built on encouragement, respect, and personal growth. While we pursue excellence in gymnastics, we are equally committed to developing confidence, resilience, leadership, and life skills that extend far beyond the gym. At Peaks, success is measured not only by achievements in sport, but by helping young people become strong, capable, and confident individuals.

Why Gymnastics?

Gymnastics develops fundamental movement skills that support success in sport and everyday life. It helps athletes build confidence, strength, coordination, discipline, and resilience while creating opportunities for personal growth and achievement.

Physical Benefits

- Balance and coordination
- Strength and flexibility
- Agility and body awareness
- Hand-eye coordination
- Posture and movement efficiency
- Rhythm and spatial awareness

Mental & Social Benefits

- Self-confidence and self-esteem
- Concentration and focus
- Listening and problem-solving skills
- Goal setting and time management
- Discipline and perseverance
- Teamwork and sportsmanship

Competitive athletes further develop:

- Goal-setting skills
- Visualization techniques
- Leadership qualities
- Time management
- Performance under pressure
- Resilience and perseverance

Gymnastics provides one of the strongest foundations for participation in all sports while supporting the physical, mental, and social development of every athlete.



THE BEST REASON TO PARTICIPATE IN SPORT IS OFTEN THE SIMPLEST:

“BECAUSE IT'S FUN.”

Tryouts & Athlete Selection

Competitive and Intermediate Programs are by invitation only.

Interested athletes / families are encouraged to email info@peaksgymnastics.com to inquire about joining competitive programs.

Depending on spaces in the program, athletes may be selected through formal evaluations, coach recommendations, assessments during recreational programming, or open tryout opportunities when available. (Note: Open tryouts will not be held unless many spaces become available in a program)

Selection Criteria

Selection for Competitive and Intermediate Programs is based on a variety of factors and is not determined solely by skill level. Coaches evaluate each athlete's overall readiness for the program and consider both current abilities and future potential.

Selection may include, but is not limited to:

- Age and developmental readiness
- Strength, flexibility, coordination, and body awareness
- Gymnastics skill level and technical ability
- Ability to learn and apply corrections
- Coachability and willingness to accept feedback
- Positive attitude and enthusiasm for the sport
- Work ethic, focus, and determination
- Consistent attendance and participation
- Respect for coaches, teammates, and gym rules
- Cooperation and ability to work within a team environment
- Emotional maturity and independence
- Commitment from both the athlete and family
- Available space within the program and appropriate group placement

While some athletes may demonstrate strong gymnastics skills, coaches also place significant value on character, effort, and long-term potential. Selection decisions are made with the goal of placing each athlete in the program where they will have the greatest opportunity for success, enjoyment, and personal development.

Important Note: As is standard practice for competitive programs, we do not fill competitive spaces on a first-come, first-served basis. Instead, we maintain an *interest list* that includes athletes' ages, current levels, and projected developmental pathways. This allows us to monitor athletes over time and ensure that, when a space becomes available, it is offered to the athlete who is the best fit for that specific training group and stage of development.

Spaces & Entry Points

At this time, we have extremely limited spaces available within our existing competitive groups. We have many interested athletes with strong potential, so when spaces become available, decisions are made thoughtfully based on what is best for both the individual athlete and the group environment.

When space and staffing permit, our primary entry point into the competitive program is through our pre-competitive Mini Peaks groups, typically for athletes ages 5–7. Even when new groups are offered, spaces are limited, coaching ratios remain low, and selection is highly competitive. Our goal is to provide athletes with the individualized coaching and long-term development opportunities needed to succeed in the program.

Athlete Retention

Peaks is proud to have excellent athlete retention in our competitive program. Because many of our athletes remain in the competitive program for multiple years (often 5–10 years or longer), we plan carefully to ensure we can support long-term athlete development and maintain appropriate group sizes and coaching ratios.

We are especially proud of the athletes who have continued their gymnastics journey through to high school graduation, with many more on track to do the same. These athletes are celebrated on our gym wall as a symbol of their dedication, our pride in their accomplishments and their legacy at Peaks Gymnastics.





THE SUMMIT IS
WHAT DRIVES US,
BUT THE CLIMB
ITSELF IS WHAT
MATTERS.

Competitive Coaches

Our club utilizes a team-coaching approach, meaning many of our groups train with multiple coaches. Peaks features a small but strong, dynamic coaching team united by a shared philosophy we are deeply passionate about: ***"The summit is what drives us, but the climb itself is what matters."***

All coaches at Peaks go through NCCP coach training & complete appropriate certification programs.

Competitive Programs at Peaks:

All competitive & Intermediate programs are by invitation / selection only.

Mini Peaks (Pre-Competitive)

- Training commitments range from approximately 2 to 5 hours per week.
- Approximate ages: 5 - 7
- Focus on learning through play, fundamental development, confidence, positive training habits and fostering a love of gymnastics.

Xcel Program & CCP (Competitive)

- Training commitments range from approximately 6 to 12 hours per week.
- Approximate ages: 7 - 18
- Categories Included: Xcel Bronze, Silver, Gold, Platinum, and Diamond, and CCP 6-10
- Focus on Skill development, Routine preparation & artistry, Physical preparation, Work ethic & Gym culture.

Intermediate Programs at Peaks

Tiny Peaks (Recreational program, with focus on development)

- This program is only offered during some seasons, when space and staffing allows.
- Training commitments range from approximately 1.5 to 2 hours per week.
- Approximate ages: 4 to 6
- Athletes in this program have shown interest and aptitude for gymnastics.
- Focus is on learning through play, fundamental development and fostering a love for gymnastics.

- This program does not automatically lead to competitive placements.

Advanced Squad Program (Performance semi-competitive)

- Training commitments range from approximately 2 to 3 hours per week.
- Approximate ages: 13 to 16
- designed for advanced recreational teens who are looking for more training opportunities, as well as for former competitive athletes wishing to stay involved in the sport at a lower commitment.
- Focus on Fitness, Skill development, Personal goals and Team participation

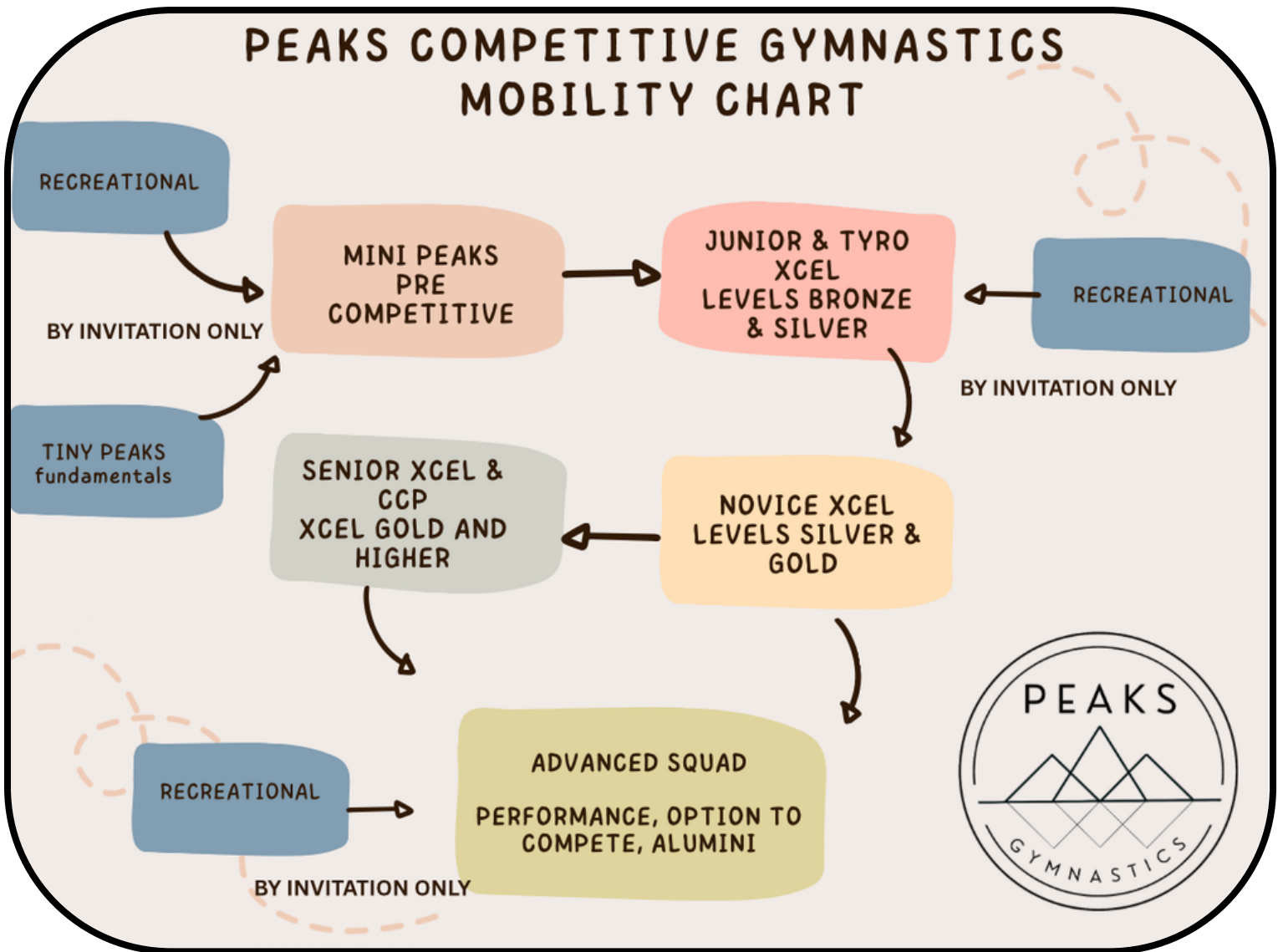
New Programs

At Peaks, we are continually working to meet the needs of the community, and are always working on ways to introduce new exciting and inclusive programming. We are working toward developing Intermediate Boys Performance and Intermediate Trampoline Performance Programs!

More details on these new and exciting programs will be made available as soon as possible.



Mobility Chart:



info@peaksgymnastics.com