Cape Breton Gymnastics Academy Advanced Programs

Developmental (Ages 4/5,

Pre-Competitive (5-7)

Competitive Program (8+)

Less than 5% of recreational gymnasts possess the attributes necessary for competitive gymnastics. Entry into the competitive program is by selection from the recreational program or transfer from another club’s competitive program. In all cases formal evaluations of athlete potential / skill will be done by the Cape Breton Gymnastics Academy Competitive coaches or designate.

Coaches are trained to identify those recreational gymnasts who show promise physically and emotionally. Once annually, usually in June, selected recreational members will be asked to attend a more formal testing session. If successful they may be given the opportunity to enter a developmental program designed to provide focused skills development. An athlete’s progress in the developmental program will determine whether he/she is suitable for precompetitive and competitive gymnastics.

Please note that competitive gymnastics at CBGA involves training commitments of up to 12 hours or more weekly (3 days X 4 hrs). Training fees, competitive suits, meet fees, and travel costs can be expensive. Parents should fully understand this time and financial commitment prior to undertaking entry into the competitive program.

Cape Breton Gymnastics Academy is proud of its competitive successes. We believe that all competitive athletes can enjoy a productive and rewarding amateur career no matter what their level and progress.  
As a significant amount of training time and dedication is required to produce a competitive athlete it is important that members understand the guidelines for the competitive program. Many elements are involved in success including discipline, work ethic, respect, talent, parent support, attitude, and commitment.