

TEAM TRYOUTS

If you never try,
you'll never know

• LEAGUE TEAM • ARTISTIC TEAM

Sign up for
tryouts



Who may try out? Boys (age 6 by August 1st) - League Team
Girls (age 5 by December 2024) - Artistic Team & League Team

When? February 17th 1:00-3:00pm.

How many Team Members are we selecting? Min of 10. Max of 30. We are forming 1-3 teams

No Fee: There is no charge for trying out.

LEAGUE TEAM

Group competitive team. Practices & performs together on all events.
Floor, Tumbling, Vault, Mini-Trampoline.
(no bars or beam)



ARTISTIC TEAM

Individual sport with a team to train with and attend competitions with. Compete on the Vault, Uneven Bars, Balance Beam & Floor (tumbling & dance).

WHAT ARE WE LOOKING FOR?

#1: When we have tryouts we are primarily looking for: strength, flexibility, good listening skills and the ability to make corrections to their form and technique when given. We are also more likely to be impressed by a child who has good body awareness and understands how to squeeze their muscles, straighten their legs and point their toes. All of these things can lead to a great gymnastics experience.

#2: Having a lot of skills is not a requirement. However, the skills that they know how to do determines which level or which discipline they will be invited to participate in. Levels are different from recreational to competitive programs. A level 5 recreational student should have the skills needed to be invited into a Level 2 competitive team. A level 2 recreational student would most likely be invited into our pre-team/level 1 team. However the things mentioned in #1 are more important.

#3: Then there's confidence vs fear. A gymnast who is very confident on the bars & beam would be a good candidate for our Artistic team. Those who are very nervous and afraid of the bars and/or beam, may be better suited for our League team. Yet, we know that athletes can gain confidence and overcome fear.

How to prepare for tryouts: Attend your regularly scheduled classes, pay attention in class and learn as much as you can. AND/OR --Private lessons. One on one instruction and help from a coach will better prepare the student for what we are looking for.