



American Allstar Gymnastics
2024-2025
Tryout Packet

830-643-0720

www.americanall-star.com
americanallstargym@gmail.com

Our mission at AAGI is to instill confidence and promote positivity in the sport of gymnastics and in the lives of all the young women who are a part of our Xcel team program.

Here at AAGI, we offer a wide range of levels in our Xcel program, from Bronze to Sapphire, catering to gymnasts of all skill levels. During summer, practice sessions are held in the mornings, while during fall, they are in the evening. Depending on the level of a gymnast, training can range anywhere from 6 to 16 hours per week. As the competition season approaches, our gymnasts have the option to participate in various local, out-of-town and out-of-state meets.

What sets Xcel apart is its unique ability to provide flexibility and a diverse range of skill acquisition options. In addition, our team of experts has choreographed a special routine for each Xcel gymnast to enjoy!

You will be informed via email by Monday, April 22nd of your gymnasts' tryout assessment results and next step options for the AAGI Xcel Program.

Gymnasts Behavior Expectations

Successful programs demonstrate a positive and professional appearance. Inappropriate behavior from gymnasts such as disruptive outbursts and aggressive emotions or interactions are not allowed. This culture is extended and supported into our parent and gymnast representation. Therefore, it is the responsibility of everyone involved to abide by certain rules and commitments. If at any time one of these rules is broken, appropriate disciplinary action will be enforced up to and including dismissal from the AAGI Competitive Gymnastics Team. A positive attitude is expected in the gym, at a meet, and during award ceremonies. Please be aware you are representing AAGI at all times.

Athlete Dismissal

All AAGI team gymnasts are expected to hold a positive attitude and behavior during workouts and competitions. We do not tolerate disrespect, of any character, to coaches or other athletes. AAGI team coaches use a strike system for the athletes as a reminder to behave or train appropriately. A maximum of 3 strikes will be given before the gymnast is sent home for the day. *AAGI coaches will contact parents to discuss events that happened to cause dismissal.

1st Offense – 1st verbal warning.

2nd Offense – 2nd verbal warning.

3rd Offense – The gymnast will be suspended from practice until further notice or dismissal from team practice that day. Gymnasts are required to stay at the facility in the parent lobby until a parent/guardian can pickup.

Parent Expectations

The sport of gymnastics can be extremely demanding and requires a tremendous amount of emotional support. The best parental approach is one that is unconditionally loving and encouraging while demonstrating a united front with the training process.

A positive attitude is expected of the parents at the AAGI practice facility. This includes respect for all coaches, gymnasts, and other parents throughout the competitive gymnastics season. Please be cognizant of negative discussion topics or inappropriate language in the AAGI parent area. We are all trying to set the best example possible for the AAGI youth.

Time Commitments

Attendance and consistency are essential parts of preparation for a successful competitive season. Team gymnasts are required to practice year-round. It is critical for gymnasts to be present and on time for practice in order to maintain their strength and enhance their performance ability. Intense preparation is a proactive method to facilitate athletic mastery and injury prevention. In instances of long periods of absence, we do expect communication with the AAGI team coaches.

These rules are set in place because we hold our team gymnasts to a very high standard. We expect each gymnast to treat any gymnast or coach with respect. Being on a higher training team with more hours does mean being seen in the gym a lot more, meaning more eyes will be on each and every gymnast at all times. We want our team gymnasts to conduct themselves with the right behavior so our team can be seen as role models for other athletes in the gym.

Fall/Winter

Xcel Bronze – 6 hours per week
Xcel Silver – 7.5 hours per week
Xcel Gold – 10.5 hours per week
Xcel Platinum – 10.5 hours per week
Xcel Diamond – 14 hours per week

Summer

Xcel Bronze - 8 hours per week
Xcel Silver - 8 hours per week
Xcel Gold - 12 hours per week
Xcel Platinum - 12 hours per week
Xcel Diamond - 16 hours per week

***We increase summer practice hours to provide each gymnast extra training during the off-season without increasing monthly tuition.**

Summer Practice Schedule:

Bronze Tuesday/Friday 9:30-1:30
Silver Monday/Friday 9:30-1:30
Gold Monday/Wednesday/Friday 9:30-1:30
Platinum Tuesday/Thursday/Friday 9:30-1:30
Diamond Monday/Tuesday/Thursday/Friday 9:30-1:30

Summer Early Drop Off 7:30 AM \$25/monthly

Includes Strength & Mobility Class from 8-9 AM Monday-Friday

Gymnasts participating in early drop-off/Strength & Mobility class will have 30 minutes to rest and refuel before practice begins at 9:30 am

Fall/Winter Schedule:

Xcel Bronze – M, W, 4:30-6:30pm, F 4-6pm

Xcel Silver – T, TH, 4:30-6:30pm, F 4-7:30pm

Xcel Gold – M, TH 4:30-8:00, F 4-7:30pm

Xcel Platinum – M, W, 4:30-8:00pm, F 4:30-7:30pm

Xcel Diamond – T, W, 4:30-8:00pm, TH 4:30 - 8:00 PM, F 4-7:30pm

Monthly Tuition:

Xcel Bronze - \$265

Xcel Silver - \$285

Xcel Gold - \$305

Xcel Platinum - \$305

Xcel Diamond - \$325

Financial Obligations

Competition Fees:

Payments for Xcel competition fees will begin in June 2024. The first payment of the competition fees will be a deposit between \$200-\$550. The remaining competition fees will be broken up into 8 equal payments *totaling between \$1,500-\$2,500*. The deposit and the list of which meets the athlete will be competing in are due by **June 15, 2024**, so that a personalized payment plan can be created.

Competition fees are contingent on how many competitions you select on your team contract* AAGI requires your gymnast to attend a *minimum of 2* competitions for the competitive year. As we gear up for the upcoming competitions, we want to ensure all potential team members are aware of an essential requirement: account balances, including tuition and meet fees, must be up to date for gymnast eligibility to compete.

***There will be no refunds of any payments made to AAGI Competitive Gymnastics Team Program for any reason including, injury, illness, dismissal, or inability to complete the competitive gymnastics season.**

Leotards and Warm-ups:

AAGI gymnasts will be required to purchase a competitive warm-up and leotard. Typically, the price will range between \$200-\$300 for their competition leotard and \$100-\$200 for competition warm-ups. Orders may take between *6-10 weeks for delivery.*

Types of Competitions

- **In-House** – “Practice meet” First competition of the season. Highly suggested for your gymnast to attend to have a positive experience starting the season in the comfort of their gym!
- **Invitationals** – These are used for optional and Xcel gymnasts to obtain a qualifying score to continue on to the State Championship. *AAGI hosts 2 invitationals each year*
- **State Meets** – Xcel athletes qualify for State meets. Scores at qualifying invitationals determine if the athlete will progress to a State meet.
- **Regionals** – Gold-Sapphire athletes qualify at state to compete against the top gymnasts in Texas, Arkansas, Colorado, Kansas, Oklahoma, New Mexico, and Wyoming.

If you have any questions/concerns please reach out to our Team Manager

Coach Alyssa

via email at americanallstargym@gmail.com