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**Competitive / Pre-Competitive / Developmental Programs**

**TEAM FOCUS KSG**

**Descriptions based on our current 22-23 programs!**

<p>What is KSG's Pre-Competitive Program?</p>	<p>In July of 2021, KSG-M started a competitive program for Women's Artistic Gymnastics. As an extension of that program, we also began a pre-competitive program. There are various stages of the program based on age, ability, and hours of training to ensure that each athlete has the opportunity to excel to the best of their ability. The focus of all these programs is to prepare athletes for some form of competition in either the near or distant future.</p>
<p>Star Group 2 Hour Program (1hr 2x/wk) Children aged 4yrs and up Invitation or Tryout only</p>	<p>This developmental artistic gymnastics program is an extension of our popular one-hour gymnastics class. This developmental group is for young athletes that are showing some aptitude and ready for just a little more time in the gym. The goal is to prep them to be ready for Gym Pros or Junior Pre Team. 1-2 Showcases or Demonstrations for the season <b>NO FORMAL COMPETITIONS</b></p>
<p>Gym Pros 3 Hour Program (1.5hr 2x/wk) Children aged 6 and up Invitation or Tryout only</p>	<p>This developmental artistic gymnastics program is for participants that are at an advanced recreational level but need something more. This program requires a commitment of attending for 1.5hrs per practice, 2x/week. Athletes may have the desire to work towards moving into some of the other pre-competitive programs or may be happy to continue in this program progressing at their own pace. 1-2 Showcases or Demonstrations for the season <b>NO FORMAL COMPETITION ANTICIPATED</b></p>
<p>Jr. Pre Team 6-Hour Program (3hrs 2x/wk) Children ages 4-5 years Invitation or Tryout only</p>	<p>Junior Pre Team (pre-competitive) is an extension of our regular one-hour gymnastics program. Participants are introduced and/or continue to build on the fundamentals of gymnastics. This program is geared towards very young participants with exceptional aptitude and/or ability. Participants should have an eagerness to learn gymnastics and the ability to maintain activity for two hours at a time. Athletes will work to improve strength, coordination, balance, flexibility and agility through creative circuits, skill-based stations, repetition, and patience. <b>2-3 SHOWCASES AND/OR COMPETITIONS</b> for the season</p>
<p>Pre -Team 4hr Hour Program (2hrs 2x/wk) Children 6 and up Invitation or Tryout only</p>	<p>Pre-Team (pre-competitive) is an artistic gymnastics program geared towards Kids SuperGym Mississauga athletes who are interested in progressing towards competitive programs. In this 4-hour program participants will continue to build on their fundamental gymnastics skills while developing the focus, self-discipline and persistence required of competitive athletes. Athletes in this program will engage in skill-based drills, conditioning, and flexibility training. <b>2-3 SHOWCASES AND/OR COMPETITIONS</b> for the season</p>

<p>Mini Team 8-12 Hour Program (4hr 2x/wk or 3x/wk) Children 6 years+ Invitation or Tryout only</p>	<p>Mini Team (pre-competitive) is a steppingstone towards our Team Focus competitive group. Participants will continue to build on the fundamentals of gymnastics. This program is geared towards young participants with exceptional aptitude and/or ability and requires great commitment. Participants should have an eagerness to learn gymnastics and the ability to maintain activity for three hours at a time, three days per week. Athletes will work to improve strength, coordination, balance, flexibility and agility through creative circuits, skill-based stations, repetition, and patience. 2-4 SHOWCASES AND/OR COMPETITIONS for the season.</p>
<p>Team XCEL Gold, Silver OCP Level 6+ Athletes 11yrs+ Invitation or Tryout only</p>	<p>Team is the bulk of our competitive program with athletes ranging in age from 11yrs+. We have combination of XCEL Silver &amp; Gold and Level 6+ athletes in this group. These athletes train anywhere from 8-12hours+ per week.</p>
<p>Developmental Tumbling Team</p>	<p>The purpose of this program was to train for the 2022-23 season and build a team of athletes to prepare them for competition in the future. Although we did not compete this past season, athletes are on track to compete at an interclub level in 23-2. We will be expanding our tumbling program to include Provincial Level 1 and 2 athletes in the new season. This athletes will train a minimum of 4 hours / week.</p>