

HIGH FLYERS GYMNASTICS

COMPETITION INFORMATION

 Are you interested in competitive power tumbling, trampoline, and double mini? High Flyers Gymnastics looks forward to working with each athlete to meet this goal. As part of the competition team, you represent your team, your town, your coach, and your family at competitions at the local, state, and national level. We expect you to be good sports in class, at meets, and in public when representing our team. You need to show respect for your coaches, your teammates, and your families who all support you and make sacrifices to help you succeed.

To be a part of the High Flyers Team you must earn a place on the team. We hope this will help each athlete in our gym to set and reach personal goals and have a sense of achievement as they reach those goals.

 --In order to join the competitive team, the athlete must be able to independently execute certain level passes on all equipment or be reasonably close to obtaining these skills during practice before the season begins. This is at the discretion of High Flyers coaches.

**WHEN?** Competition team classes will consist of 2, 1.5 hour-long classes each week.

TUESDAY 5-6:30pm & THURSDAY 6-7:30pm during the school year – class times are subject to change.

**TUITION**: $100/month per athlete. Due the first class each month.

Private lessons can be scheduled as well on an as needed basis and are by appointment only. Private lessons will cost $20 for a half-hour session or $35 for an hour and will involve the athlete working 1 on 1 with the coach.

Each athlete will be given a level on each apparatus and will learn the pass/passes that go with that level to compete. As they learn new skills for harder levels they will move up as needed.

MEETS:

 --Athletes must be registered with USAG as a member. This can be done through the USAG website. We will get you more information prior to competition season. There is an annual fee paid to USA Gymnastics for this.

-Competitions will begin in December and go through Regionals in May. Nationals each year is held in July and is optional. \*We will travel to nationals if we have at least 3 athletes who qualify and choose to compete at that level. \*To qualify for nationals, the athlete must be competing at least at a level 5 on all events and must hit qualifying scores on those events at the State and/or Regional meets. Athletes must compete at both State and Regionals to go to nationals.

--Athletes compete against their own age group/level/gender. – for instance an 8 year old level 4, female will compete in the 7-8 year old age group with other level 4 females. They will compete as the age they turn during the competition year. ( What age they turn in 2024 for the next season)

 --Athletes must complete at 3 eligibility meets prior to state as well. We will get a schedule of all available meets to athletes and parents as soon as it is available. These meets vary in location. The furthest we typically travel is the Dallas/Fort Worth area.

--Athletes and their families are responsible for arranging travel and accommodation to each meet.

 --We will provide you with information for each meet as soon as it is available to us. Athlete’s families are responsible for paying the registration fees for each meet on or before the due dates which will be noted on the handouts. Registration fees vary from meet to meet.

--We will make sure each athlete has information on competition times for each event prior to the meet. We ask that athletes arrive at the meet venue, dressed and ready to compete, at least 45 minutes prior to their event to stretch and get to line up. Also, many meets run ahead of schedule, so you need to be early to assure you don’t miss your event.

UNIFORM:

 --Athletes will need to purchase a team leotard to wear during competitions.

-- Team jackets are optional.

--Matching shirts will be available each season for the athletes and their families to be worn at meets and other events throughout the season.

--Athletes will need to wear black leggings or black athletic pants over their leotard when not competing.

--White Trampoline shoes are needed for Trampoline and Double Mini (or solid white ankle socks)

--During competitions athletes can not wear any jewelry. This includes ear rings. They have to be removed and cannot be taped. So please do not pierce your ears prior to a meet! Finger nails and toe nails cannot be painted at competition. Any supportive braces (for ankles, knees, wrists) must be white, black, or nude to be worn at competition.

If you have any questions, please feel free to reach out!

Cherylann Pyle

High Flyers Gymnastics

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