

MuscleTrain Fitness Performance Team Packet

This packet is for all athletes wanting to try out for the 2022 Performance Team. **Please thoroughly review this packet and sign the signature box on the last page stating that you have read and understand the terms and conditions. TRYOUTS WILL BE HELD AUGUST 2ND.**

Novice tryouts from 4:30 to 5:30pm
Elite tryouts from 5:30 to 6:30pm

What Is The Performance Team?

The MuscleTrain Fitness Performance Team is all about bringing our most talented and hardworking athletes to the center stage. If your athlete makes the team they will grow and build like you've never seen. Your athlete will learn what it takes to be a team player, improve tremendously on their tumbling skills, get professional choreography, and have exclusive access to:

- **15% discount on clothing**
- **15% discount on Personal Training & Private Lessons**
- **Open Gym Tumble Nights (\$25.00 Value)**
- **Professional Choreography (\$800 Value)**
- **Monthly Team Bonding Experiences**
- **75% off virtual training programs (\$149.00 Value)**
- **75% access to our exclusive training facility (coming soon)**
- **Professional videographer for Performance (\$1200)**

Novice And Elite Divisions. What is the difference? How are the athletes placed?

The Performance Team has 2 divisions. The Novice Team and the Elite Team. Placement of the athlete is determined based on 5 Elements. These elements are:

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1. **Skills:** The required tumbling skills for each team are different and are unique to the choreography for the routine. We expect ALL athletes trying out to meet the required skills in order to be on the team.
2. **Dance:** Dancing is all about showing attitude, confidence, poise, and showcasing that in front of an audience! The athlete should be able to understand and show rhythm, timing and be able to demonstrate great facials during learning the dance choreography. We will give the athlete a simple routine to work on. During tryouts we want to see great facials, confidence, and great fluid motions during the dance routine.
3. **Paying Attention:** If the athlete cannot pay attention, follow directions or work as a team player he/she will not be eligible to be part of the team.
4. **Attitude:** The athlete must show a good attitude each and every time they come to a session. We do not tolerate disrespect or bad attitudes.
5. **Attendance:** The athlete must show up to all training sessions. If he/she misses more than 3 training sessions they will be off the team.

Where will my athlete perform?

Each and every year we host an event called the *MuscleTrain Fitness Awards*. During the awards the athletes showcase their hard work in front of everyone!! (Think of a dance recital but way cooler) We go all out on this! From lasers, to a professional lighting setup. The athlete shows up in style.

What will my athlete wear?

If your athlete gets chosen to be part of the team, they will have a custom designed outfit that will look AMAZING on stage! They've worked hard for this, so we want to make sure they represent!

PERFORMANCE TEAM PREP CLASSES

*We will be offering a prep class for the months of June and July to prepare the athletes for tryouts. This is not mandatory but highly recommended. **If you are adding your athlete to a prep class I need to know by May 15th no later!***

Novice Prep Class

\$90 a month for regular athletes

\$45 a month if your athlete is in a large group

Starting June 7th - July 26th

Tuesday @ 4:30 to 5:30

Elite Prep Class

\$90 a month for regular athletes

\$45 a month if your athlete is in a large group

Starting June 7th - July 26th

Tuesday @ 5:30 to 6:30

PERFORMANCE TEAM PRICES

- \$50 is drafted every Monday of each week for the 2 hour weekly practices starting (August 8th 2022 -March 20th 2023)
- For big Holidays the athletes will not practice that week and will not be charged.
- Starting January- March 2023 there will be an additional \$25 drafted for Friday practices.
- \$120 for performance outfit.

When Will The Performance Team Perform?

Currently, we have the date set for March 25th, 2023 for the MuscleTrain Fitness Awards. Times and everything will be posted closer to the date.

Will You Have A Calendar For Parents To Keep Up With Practice?

We certainly will! We want no confusion on what days, and times we need the athletes there! We understand that you have a busy schedule, and we want to keep it as simple as possible.

Tentative practice schedule starting August 9th 2022

Novice Team Practice

- Every Thursday in August 2022 - March 2023 (with the exception of holidays)
 - from 4:30 to 5:15 - dance/routine (15min break for snack)
 - 5:30 to 6:30 - tumbling
- Starting Jan 2023-March 2023 they will practice every Friday in addition to Thursday practice
 - from 4:30 to 5:30

Elite Team Practice

- Every Tuesday in August 2022- March 2023 (with the exception of holidays)
 - from 4:30 to 5:15 - dance/routine (15min break for snack)
 - 5:30 to 6:30 - tumbling
- Starting Jan 2023- March 2023 they will practice every Friday in addition to Tuesday practice
 - from 5:30 to 6:30

Novice Skills:

1. Cartwheel Pop
2. Handstand Forward Roll
3. Round-off with a high re-bounce
4. Diving Roll
5. Back-bend Kick-over
6. Backwards/Forward Straddle Rolls
7. Headstand Hold for 15sec
8. Candle-stick jump with high re-bounce
9. Backwards Pike Roll
10. Handstand Hold for 5 seconds without wall

Elite Skills:

1. Working towards a round-off, back-handspring, (high re-bounce) (tuck, lay-out, full Optional)
2. Standing tuck on trampoline
3. Standing 2-3 back-handsprings (connected)
4. Back-walkover
5. Backhand-spring step-out
6. Front Handspring with a high re-bounce
7. Handstand Hold for 8 seconds
8. Forward roll to hollow-body hold (Static Hold for 20sec)

Questions Section

What if my child tries out for elite, but doesn't make it?

If your athlete does not make the elite team, then they can try out again for next year, or schedule a time to try out for Novice team.

Why are the skills much harder in Elite than Novice?

Because if the skills were not any more difficult, why would it be called an "Elite" performance team? We want these athletes to be the best of the best.

Does the Performance Team have make-ups?

The Performance Team will do a make-up if the session was canceled due to a coach being out or gym being closed due to maintenance. We do not do make-up sessions for any other reason.

Will There be a team meeting If my athlete makes the team?

Yes! We will go over all the details thoroughly when your athlete makes the team.

If my athlete cannot make team practice does that mean he/she will be kicked off?

We love all of our athletes, however we cannot have too many tardies. Your athlete will get a ***max of 3 tardies*** until they are off team. Being present for every session is EXTREMELY important for the entire team.

**Please sign and date that you have
thoroughly read and understand
everything in regard for the
MuscleTrain Fitness Performance
Team.**

Sign

Date
