

Team Open/Rolling Tryouts

Open Tryouts are scheduled on a specific date and time and are intended for current recreational students who have never competed. These evaluations take place in a group setting, and all interested participants must attend the designated tryout day. Coaches will assess the skill level and potential for team placement.

Rolling Tryouts are conducted by appointment or during scheduled practice times and are designed for gymnasts who have previously competed and are seeking placement on our competitive team. This tryout format allows for a more individualized evaluation and is ideal for mid-season entries or gymnasts transferring from other programs.

Team Tryout Process

To register for team tryouts, please follow the steps below:

1. Sign Up via Email

Email us to express your interest in trying out. Please include the following details in your message:

- Participant Information: Full Name, Date of Birth, Current Class/Level
- Parent/Guardian Information: Full Name, Email Address, Phone Number

2. Receive Registration Packet

Once your email is received, we will send you a registration packet containing:

- Detailed instructions
- Required forms and waivers

3. Submit Forms on Tryout Day

All completed forms must be printed and brought with you on the day of tryouts. Only participants with completed packets will be permitted to try out.

Frequently Asked Questions

The following information should answer most of your questions. Please read the details below to be sure the commitment to our team is the right fit for your family.

What skills does my daughter need to have for tryouts?

There are various levels of developmental (pre-team) and competitive teams. Each level has different skill requirements. Tryouts can be viewed as an evaluation to determine if your child would fit into one of those levels. Students in advanced recreational classes automatically receive an invitation to team tryouts. Students at other levels must be invited by a coach recommendation to try out for the team. At tryouts, coaches will evaluate each gymnast's skill level. Skill requirements are set by USA Gymnastics. Skills are progressive in nature from one level to the next. To be prepared for the season, gymnasts must be able to execute required skills safely and with good form.

My daughter might be nervous. What do I tell her to expect?

She will not see a panel of judges watching her perform individually. The girls will rotate through each event in groups with similar ages and skill levels, similar to a class or practice. They will already know how to do some of the skills, and may get the opportunity try new skills.

When will we find out the results from tryouts?

Gymnasts will be notified of their team placement via email on the Monday following team tryouts. If your daughter is placed in our team program, you will then submit an online form to accept or decline the placement. Responses are due by the Sunday following team tryouts.

What is the difference between the Developmental (Pre-Team) Program and the Team Program?**Pre-Team Program**

The objective of this program is to prepare novice gymnasts for our competitive team, and to provide an intermediate step between the structure of the rec program and the structure of the team program. In addition, the developmental program acts as a feeder system for the competitive program, as gymnasts learn the structure, commitment, and discipline required to pursue competitive gymnastics. Lastly, this program allows for a team concept, providing the gymnast the experience of supporting and encouraging others in a common goal. Our pre-team levels are Little Lightnings and Hurricanes.

Team Program

Our competitive team participates in meets sanctioned and governed by USA Gymnastics. These levels are progressive in nature, building upon the skills required at the previous level. Through hard work and dedication, our team gymnasts will learn not only the sport of gymnastics, but also lifelong skills that apply throughout their adult lives. Emphasis will include building confidence, conflict and time management, achieving goals and realizing their unique worth when they put forth the effort to succeed. There is a lot of pride taken in our team program. This is a demanding sport that requires dedication, desire, and commitment in order to be the best you can be. The rewards and memories can be lifelong!

How long is the season and can we take a break for summer?

Our seasons run from June through May. Practices will begin the first week of June. If placed on a team, your daughter will remain in her rec class until that time. Please note that gymnastics is a year-round sport. Throughout the summer, your child will advance through many different skills, routines, conditioning, and strength and flexibility training. All team gymnasts must practice during the summer as this time is essential for growth in our program.

What is the practice schedule and what is the cost of monthly tuition?

Teams follow a set summer schedule that runs from June to mid-August and a set school year schedule from mid-August through May. There are no weekend practices for team during the summer schedule. There is typically one weekend practice during the school year schedule.

The exact days and times for the summer schedule are finalized once team placement acceptance forms are received and team rosters are set. Those final rosters for each level allow us to schedule

based on an appropriate gymnast-to-coach ratio for practice groups. The school year schedule is typically finalized toward the end of July.

What if she is already registered for another sport that conflicts with the practice schedule?

Please inform us of any conflicts once the schedules are distributed so that we can determine how to handle your specific situation. Please note that we may not be able to accommodate conflicts.

What level of commitment is expected when joining team?

Gymnasts are expected to attend all practices and meets, and be prepared to start on time. Makeups are not available for missed practices and tuition is not prorated for time off. If your daughter will miss an occasional absence for illness, vacation, or another conflict, please be sure to submit the absence in advance. While we understand that occasional absences may occur, excessive or extended absences from practice may cause your child to fall behind, cause a disruption to the coaches' lesson plans, and may affect their eligibility to compete.

What is the competition schedule?

Our pre-team program prepares gymnasts for a future in our competitive team program. While they do not participate in any competitions, they do learn routines and perform in a showcase at the end of the season. For competitive team, the meet schedule is typically set in August for the upcoming season. Your daughter only attends meets during the time she competes (not the entire weekend), but the exact competition times ("sessions") are not set by the host club until we are closer to those dates. Sessions typically last 3-4 hours including warm up, competition, and the awards ceremony. For planning purposes, block those meet weekends off on your calendar until we receive specific times for each meet. Meets typically take place from September to April and are held on Friday, Saturday, or Sunday throughout the weekend (keep in mind that sessions can start as early as 8am on any of those days).

What expenses are involved?

Payments for monthly practice tuition are processed through the gym on the 1st of each month. The annual membership fee for team gymnasts is \$75 (this fee is pro-rated based on the annual fee you have already paid for rec classes).

Pre-Team gymnasts are required to purchase a leotard (typically under \$75). Competitive team gymnasts are required to purchase the full uniform. Uniforms include a leotard, warm up (top & bottoms), and a backpack and are kept on a two-year cycle (this upcoming season will be the start of a new uniform cycle).

Competitive team gymnasts are also required to be members of USA Gymnastics. Memberships are purchased/renewed by July 31st each year. The price is set by USAG. Competition fees for meets are paid separately.