

MORE THAN GYMNASTICS

PRE TEAM

GOALS OF THE PROGRAM

- PROVIDE YOUR DAUGHTER WITH NECESSARY FOUNDATION TO PERFORM OPTIONAL LEVEL COMPETITIVE GYMNASTICS.
- MAIN FOCUS IS ON DEVELOPING STRENGTH, FLEXIBILITY, & REINFORCING PROPER BODY POSITIONS TO PERFORM COMPLEX GYMNASTICS SKILLS.
- BUILD A STRONG FOUNDATION TO PROVIDE THE OPPORTUNITY TO REACH MAXIMUM POTENTIAL WITH FEWEST SETBACKS.

REQUIREMENTS OF TEAM GYMNASTS

- **COMMITMENT** | BE PRESENT & ATTEND ALL PRACTICES, COMPETITIONS, FUNDRAISERS, & OTHER TEAM EVENTS. ARRIVE ON TIME & PREPARED.
- **PROPER HEALTH & NUTRITION** | EXPECTED TO EAT A WELL-BALANCED DIET AND STAY HYDRATED.
- **ATTITUDE** | GOOD ATTITUDE TOWARDS THEMSELVES, TEAMMATES, & COACHES. ACCEPT CRITICISM TO IMPROVE & ENCOURAGE TEAMMATES.
- **FAMILY COMMITMENT & FINANCE** | TRANSPORTATION, FINANCIAL ASSISTANCE, NUTRITIONAL ADVICE, FUNDRAISING, SUPPORT AT COMPETITIONS, & MENTAL SUPPORT THROUGHOUT TRAINING. MONTHLY TUITION, UNIFORM PRICES, COMPETITION ENTRY FEES, COACHES FEES, TRAVEL FEES.
- **FUNDRAISING**

WHAT COACHES LOOK FOR AT TRYOUTS

- **PHYSICAL STRENGTH** | CAN THE ATHLETE EASILY PERFORM STRENGTH EXERCISES SUCH AS PULL-UPS, LEG LIFTS, SPRINTING, JUMPING, STRAIGHT BODY HOLDS?
- **FLEXIBILITY** | IS THE ATHLETE'S BODY FLEXIBLE ENOUGH TO HANDLE SOME OF THE REQUIREMENTS OF GYMNASTICS? CAN HER FLEXIBILITY BE IMPROVED OVER TIME?
- **BASIC SKILLS** | HOW ARE THE ATHLETE'S FUNDAMENTALS? HAS THE ATHLETE SPENT ENOUGH TIME IN A CLASS PROGRAM TO PRACTICE THE BASICS?
- **MOTIVATION** | DOES THE ATHLETE WANT TO LEARN AND SUCCEED, OR IS SHE CONTENT WHERE SHE IS?
- **COACHABILITY** | DOES THE ATHLETE LISTEN TO CORRECTIONS AND TRY TO APPLY THEM? IS THE ATHLETE WILLING TO TAKE A FEW STEPS BACK TO FIX OLD SKILLS BEFORE LEARNING NEW ONES?
- **MENTAL TOUGHNESS** | HOW SENSITIVE IS THE ATHLETE? DOES SHE RESPOND WELL TO CRITICISM? WOULD THE ATHLETE BE ABLE TO PERFORM IN FRONT OF A JUDGE AND RECEIVE A PERFORMANCE-BASED SCORE WITH NO MORE THAN A HEALTHY AMOUNT OF ANXIETY?
- **SPORTSMANSHIP** | WOULD THIS ATHLETE FIT IN WITH EXISTING TEAM MEMBERS? WOULD SHE ENCOURAGE THE OTHER ATHLETES? WOULD THIS ATHLETE ACCEPT BOTH SUCCESS AND DEFEAT RESPECTFULLY AND GRACIOUSLY? THIS LAST ONE MAY BE DIFFICULT TO TELL DURING A TRYOUT.

PRACTICE

- 2 DAYS A WEEK (USUALLY TUES & THURS @ 4PM)
- 1.5 HOURS PER DAY