

2023 Team Tryouts – SIGS Recreational Team

Date: Sunday, May 21st

Time: 1:00PM - 1:45PM

Cost: \$40

Rec Team tryouts are open to all recreational gymnastics students ages 9+.

Participation is mandatory for placement onto a recreational team; however, placement is not guaranteed. Rec Team placements for the summer/fall session are limited to availability.

Please enroll on the portal or Front Office by Friday, May 19th.

What is the SIGS Recreational Team?

The SIGS Recreational Team is a great alternative to traditional competitive gymnastics teams. The Rec Team has been designed to offer a fun and rewarding experience for those interested in advancing their gymnastics skills in a more casual yet team-oriented atmosphere. Students ages 9+ in any recreational class are invited to tryout.

If you wish to join a competitive Women's Team in the future, we recommend you remain in your current class and progress towards a GymStars placement.

What to expect at Tryouts?

Tryouts run like a class. The athletes will rotate through each event in groups of similar age. They will already know how to do some of the skills and may be asked to try new skills. Individual assessments may be performed as needed within the group. Results will follow via email.

What time and cost are involved for a REC team?

A SIGS Recreational Team participates in 1-2 practices/week at 1.5 hours/practice followed by a Skills Showcase at the end of the session. Rec Team ranges from \$140-165/month and require a 6-month contract. After the summer/fall session, you have the option of continuing for the winter/spring session. A packet which includes tentative practice hours and additional team details will be available at Tryouts.

The summer/fall session begins June 5th and concludes November.

