

Men's  
Gymnastics  
Teams

# SIGS 2022-23

## men's gymnastics team tryouts

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### Men's Gymnastics Teams

#SIGSmen gymnasts work on six apparatuses of gymnastics including floor exercise, pommel horse, still rings, vault, parallel bars, and horizontal bars.

Men's teams are divided by skills and age for practice and competitions.



### What to expect at tryouts?

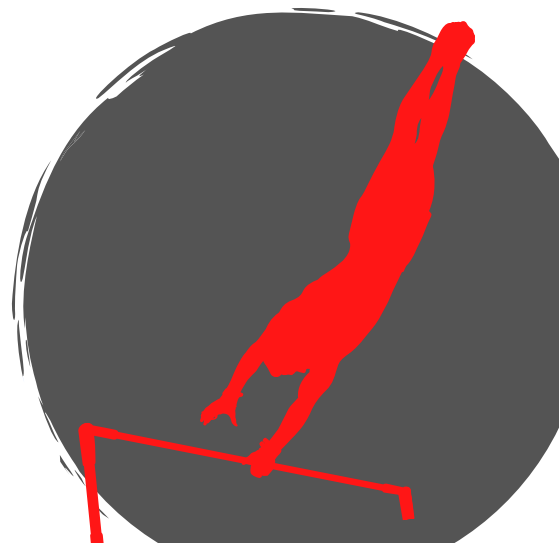
Tryouts run like a class. The athletes will rotate through events in groups of similar ages and skill levels. They will already know how to do some skills and may be asked to try new skills.

Results will follow via email.

### What time and costs are involved for team?

Men's teams practice 2+ days each week for 2.5 hours-3.5 hours dependent on level, skills, and age.

Teams begin at \$215+/month depending on the level. A packet, which includes tentative team practice hours, tuition fees, and additional team details will be available at tryouts.



**The New Team Year is June 2022-May 2023**