

2023 Team Tryouts – Women’s Team

Date: Sunday, May 21st

Time: Timeslots determined by current enrollment and age

Cost: \$40

Team tryouts are open to all advanced recreational gymnastics students ages 5-12 years in our pre-team classes GymStars 1 & GymStars 2.

Participation is mandatory for placement in our team program; however, team placement is not guaranteed. Women’s Teams are highly selective and placements for the 2023-24 Team Year are limited to 30 spots.

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

What skills does my daughter need to have to try out for a Women’s Team?

There are various levels of developmental and competitive teams. Each level has different requirements based on age and skill. Skills required for placement into one of our Gym Star classes most similarly reflect the *minimum* requirements for team placements: unassisted pullover, independence on beam, bridge, cartwheel, etc. Students ages 5-12 yr in advanced recreational classes are invited to tryout.

What to expect at Tryouts?

Tryouts run like a class. Students will rotate through each event in groups with similar ages and skill levels. They will already know how to do some of the skills and may be asked to try new skills. Pre-liminary evaluations of our advanced recreational students have already occurred and are considered with Tryouts. Results will follow via email.

What time and cost are involved for team?

This answer depends on which team your daughter is placed. Women’s Teams range from \$180-\$450/month and require a full year contract. Team’s practice 2-4 days/week for 2-4 hours/practice. A packet which includes tentative team practice hours, tuition fees and additional team details will be available at Tryouts. You will also be asked to fill out a questionnaire selecting the commitment level you are interested in. We offer teams for many ages, skills, and commitment levels.

The new team year is June 5th - May 2024.

