

Women's  
Recreational  
Teams

# SIGS 2022-23 gymnastics team tryouts

TRYOUT: SUNDAY, MAY 15 - \$40/PARTICIPANT  
OPEN TO ALL RECREATIONAL GYMNASTICS CLASS STUDENTS AGES 7+  
- ENROLL BY PHONE - 812-949-7447 - BY 5/11/22 -

## What is the SIGS Recreational Team?

Our Recreational Team is an 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 7+ in recreational classes are invited to try out.

IF YOUR CHILD  
WISHES TO JOIN A  
COMPETITIVE  
TEAM IN THE  
FUTURE, WE  
RECOMMEND YOU  
REMAIN IN YOUR  
CURRENT CLASS  
AND PROGRESS  
TOWARD A  
GYMSTARS  
PLACEMENT  
(ADVANCED RECREATIONAL CLASS)

## What to expect at tryouts?

Tryouts run like a class. The athletes will rotate through each event 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. Individual assessments may be performed as needed within the group. Results will follow via email.

## What time and costs are involved for Recreational Team?

A SIGS Recreational Team participates in one or two, 1.5-hour practices each week followed by a Skills Showcase toward the end of each session. Recreational Team tuition is \$130-160/month and requires a 6-month contract.

- The summer/fall session is from June to November.
- The winter/spring session is December - May.  
*Rec Team athletes have the first option of continuing for the winter/spring session.*

A packet that includes tentative practice hours and additional team details will be available at tryouts.