TEAM TRY-OUTS

JOYS Gymnastics will be conducting

TEAM TRY-OUTS

for all interested gymnasts on

**SUNDAY, June 26th**

**at 3:30pm**

If your daughter …

is at least 5 years old;

has a LOVE for gymnastics;

is willing to commit to a long-term relationship

with our team;

and is proficient in the necessary skills

(please see attached)

she is welcome to try-out and be evaluated by our team’s coaching staff.

If you have any questions about the process,

please contact

Assistant Head Coach, Hallie Parkison (Hallie.joysgymnastics@gmail.com)

or your daughter’s instructor

JOYS Gymnastics began nearly 50 years ago as a program within the Michiana YMCA. It has grown to include an award-winning competitive team under our Head Coach, Kathy Brothers.

Team gymnasts practice **year-round** to build and maintain strength and skills. New skills are learned and perfected during the off-season. It is a continuing relationship that should endure for many years.

Our practice schedule is for Level 2 and above:

**Tuesday and Thursday**

**5:00pm – 7:30pm**

Our practice schedule for Level 1 is:

**Tuesday and Thursday**

**5:00pm – 6:30pm**

Your daughter would be expected to practice both of those days every week.

**We are now a “sanctioned” team. This entails certain annual costs in addition to our team fees ….. these additional costs are currently $50.00 per gymnast, per year.**

**Our Team Fees are currently $120/month for Level 1 and for Level 2 and above $165.00/month (with mandatory participation in two major fundraisers each year). Fees will be evaluated at the end of each competitive season (August) and adjusted accordingly**

Competitive Meet fees as well as other miscellaneous costs may occur during the year and are the responsibility of each gymnast

As a non-profit organization JOYS Gymnastics and its competitive team depend on the support of our member families to succeed. Our team must cover all of their expenses as well as a portion of our organization’s overhead. **Please ensure you and your daughter are prepared to make an continuing commitment to our team.**

Our competition season is normally September through May. We usually travel to approximately eight meets within the state per season

Criteria for **COMPETITIVE TEAM –Level 2**

**VAULT**

Handstand Vault with fall to FLAT back

Running Technique

Power off Vault Board

**BARS**

Pullover

Back-Hip Circle

Cast

Attempt Underswing Dismount

**BEAM**

Jump to Front Support

Level 2 Dismount

Lever Leap

Straight Jump

Attempt at 3/4 HandStand

**FLOOR**

Handstand (hold for one second)

Round-Off

Bridge Kickover or BackBend Kickover

Backward Roll/Back Pike Roll

Split Jump Tuck Jump

Criteria for **COMPETITIVE TEAM-Level 1**

**VAULT**

Running Technique

Power off Board

Jump on to Feet

**BARS**

Jump to Straight Arm Support

Cast

Forward Roll off to Chin Hold

**BEAM**

Jump to Straight Arm Support

T Hold

Pivot Turn

Straight Jump

Straight Jump Stick Off

**FLOOR**

Backward Roll

Forward Roll

¾ Handstand

Pivot Turn

Cartwheel

Additionally a positive attitude and ability to learn new skills and/or routines quickly will be evaluated.