



2016/2017 PERFORMANCE TEAM TRY-OUT PACKAGE

Where fitness is FUN!

We are pleased to invite you to try out to be a part of our 2016/2017 **Performance Team**. Try outs will be held Saturday May 14 and Sunday May 15. This program is geared towards gymnasts that want to take their training and commitment to the next level. Our goal is to provide the best training and opportunities for young gymnasts that show great potential, ability and passion for the sport. This program will fall under gymnastic BC's Interclub category. The purpose of the Interclub Category is to expand the opportunities for athletes at the recreational level. Gymnasts, ages 6 & up, have the opportunity to be part of a team, learn and master routines, and have the chance to perform. Interclub promotes a creative and non-competitive environment for gymnasts. In addition it provides a performance opportunity in a meet-type setting for recreational athletes.

There are two interclub categories based on age as well as skill level and gymnast choice. All Junior Performance members will be in the Performance category at meets, Advanced Performance members will be in the Performance Plus category unless otherwise decided by the coaches. Intermediate and Novice Performance members will be either Performance or Performance Plus at the coach's discretion.

1. Performance:

- Participants who will be 6 by December 2016 are eligible to participate in this category.
- Athletes perform routines and are given positive feedback on each event.
- Athletes receive a certificate listing the events they performed, positive comments from each adjudicator and a participation ribbon or medal.

2. Performance Plus:

- Participants who will be 9 by December 2016 are eligible to participate in this category.
- Athletes perform routines and are given a score out of 10 by adjudicators for each event based on skill level, performance quality and possible bonus points.
- Athletes receive a certificate indicating their score and appropriate ribbons or medals for each event (gold, silver or bronze).

The **Pre-Performance** team is a developmental program for children aged 5-7, which focuses on technique, building strength and flexibility necessary for learning higher level skills. Pre-Performance members will not attend out of town meets but are required to participate in our In-House meet in February. They will learn short routines on all apparatuses, which are intended to prepare them to try-out for the Performance team in the following years.

Pre-Performance team members are required to attend at least one 90 minute class per week and Performance team members are required to attend two 90 minute classes per week from September 2016 to June 2017.

All of our Performance Team members are selected for this program based on several factors that include technique/skill level, attitude, attendance, work ethic, and family support. If you decide that you would like to try out to be a part of this program please fill out the attached registration form and return to coach Cindy Rost (Head coach), Haillie Rost (assistant coach) or the front desk no later than May 7th. Late registrations may not be accepted due to limited number of available spots for try out based on coaching and equipment availability.

If you have questions or concerns please feel free to contact us at any time via phone, email or an in person meetings.

We look forward to a fun and exciting year,

Cindy Rost
Head Coach/Owner

Haillie Rost
Assistant Team Coach

Unit #225 1891 Springfield Rd. Ph. 778-484-7570 Email. info@kelownagymnastix.ca

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Try-Out Requirements:

- Minimum level requirements are as follows:
 - Pre-Performance team (ages 5-7) → Supers I-II or Level 3
 - Performance Team: Junior or Intermediate group (ages 6 and up) → Supers II, Level 4/5
 - Performance Team: Advanced A and B groups (ages 9 and up) → Level 5/6
- **Or coach's recommendation.**
- All gymnasts must wear a 1-piece suit (gymnastics bodysuit, dance leotard or swimsuit). Pre-Performance and Performance bodysuits are NOT to be worn for try-outs.
- Long hair must be tied back and bangs should be pinned neatly away from their face.
- All gymnasts and their parent/guardian need to arrive 15 minutes prior to the start of their group to allow ample time for sign-in and registration procedures.
- Gymnasts who are late may be excluded from try-outs for safety reasons.
- All gymnasts, parents and spectators are expected to conduct themselves appropriately and adhere to the attitude and behavior requirements of the Performance Team. These requirements include sportsmanship, listening to the coaches, being respectful and safe at all times. Anyone who does not follow these requirements may be asked to leave.
- Any comments, questions or concerns should be addressed with the coach at the beginning, during a break or at the end of the session; not while the session is in progress. This is a distraction to the coach, taking their full attention away from the gymnasts, which could result in an unsafe training environment.
- Only gymnasts and coaches are permitted to be in the training area unless specifically asked by the coach.
- All gymnasts, coaches and staff members are to be treated with respect.
- All injuries must be properly tended to and wrapped **BEFORE** the start of the session warm-up.
- Please provide your child with a healthy snack.
- If you are unsure which group to register in for try-outs please ask one of the Performance coaches at a convenient time.
- A valid **email** address is required to register for tryouts. This is the way that we will notify gymnasts who have been selected for day 2 as well as hand out all contracts.
- There will be a \$25 try-out fee for all gymnasts plus appropriate insurance fee if applicable.

Try-Out Schedule:

Day 1: Saturday (all participants)

Group 1 (Pre-Performance): 12:45-2:15pm → General skills

Group 2 (Junior and Inter Performance): 2:00-5:00pm → General skills

Group 3 (Advanced Performance): 5:30-8:30pm → General skills

Day 2: Sunday (invite only)

8:30-9:30am → Conditioning, Flexibility and Choreography (Pre-Performance)

9:30-1:00pm → Conditioning, Flexibility and Choreography (Performance)

Gymnasts will be notified regarding Day 2 no later than:

6:00pm Saturday → Gymnasts being considered for the Pre-Performance Team

9:30pm Saturday → Gymnasts being considered for the Performance Team

Contracts will be sent out within 2-3 weeks of the try-outs.

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Registration Form:

Gymnast name: _____ Date of Birth: _____

Parent/ Guardian: _____ E-mail: _____

Home Phone: _____ Cell Phone: _____

Emergency Contact:

Name	Phone Number
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Current Gymnastics Club: _____ Gymnastics Level: _____

Current Coach (if attending classes at Kelowna Gymnastix): _____

Gymnastics Experience: _____ Dance Experience: _____

Try-Out Group:

- Group 1 (Pre-Performance)
- Group 2 (Junior/Intermediate Performance)
- Group 3 (Advanced Performance)

Reason that you want to be a part of the Performance Team:

Gymnast Signature

Parent/ Guardian Signature