



## **We're having TRYOUTS for our PRE-COMPETITIVE team!**

\*\*Limited Spots available for the 2016/2017 Season

**Tryouts Schedule- Thursday, July 14<sup>th</sup> at 5pm OR Thursday, Aug. 18<sup>th</sup> at 5pm**

**We're looking for girls ages 6-8 who are ready for a new challenge!**



### **Important Criteria:**

-Girls ages 6 to 8 years old

– Above average strength, strong competitive spirit, good determination and perseverance

– Skills required:

**Trampoline:** Straddle jump, Donkey kicks from knees up to hand stand;

**Bars:** Hold for 10 sec in L pick hang/straddle; Pull over on the low bar; 5 long swings; 5 leg lifts; Climb all the way on the rope;

**Floor:** Cartwheel, Forward roll to standing on flat; Backward roll on the cheese mat; Hand stand at the box; Handstand -bridge -kick over at the box; Round off of a box

**Don't forget to register at the Front Desk OR you can bring the fee at assessment!**

**\*\$10 Assessment Fee (cash only!)\***

### **Please remember:**

-ATHLETES: water bottle, hair tied back, no jewellery, proper gym clothes (gym suit or shorts & tank)

-PARENTS: no drop-off, you have to wait in our waiting room

### **What happens after TryOuts?**

Thank you for expressing interest in Celestina Popa Gymnastics Pre-Competitive Team Program which runs from Sept. 2016 to June 2017. Our Team Program is not for everyone; it requires serious dedication and hard work. It also requires certain physical abilities, strength, flexibility, and coordination. Once we are finished our initial testing, we will tell you our recommendation. Just some info about our Pre-Competitive program: registration fee for the program is \$60; starting Sept. training will be on Tues from 3.00-4.30 and Sat 11.30-1.00, cost \$160/month(Sept to June, we ask for monthly post-dated cheques), Insurance and Membership \$40(valid Sept 1, 2016-Aug. 31, 2017 payable in Sept)



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