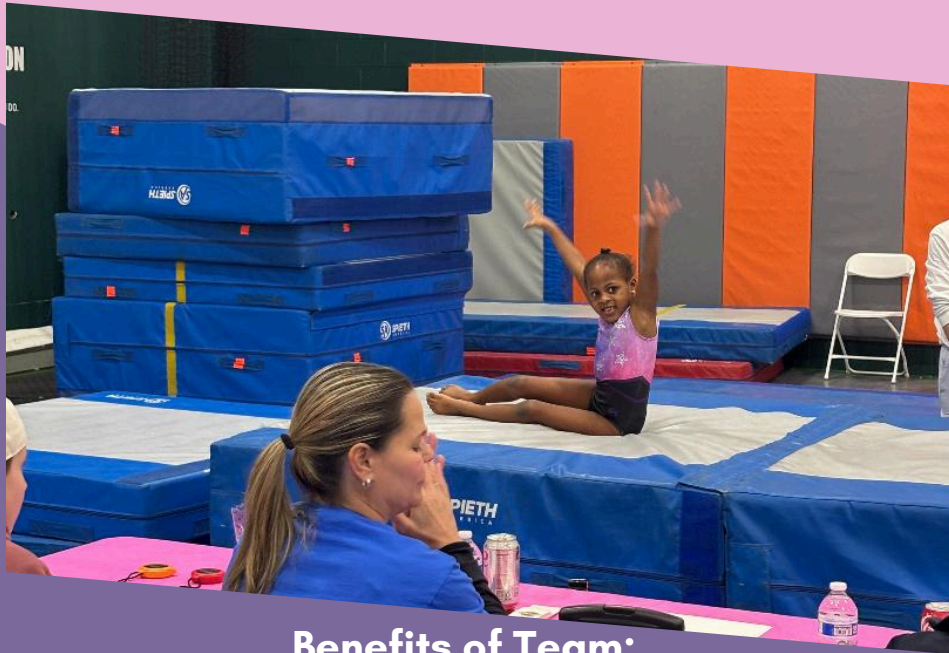


## ADDITIONAL INFORMATION:

- Summer practices are in the morning/early afternoons
- Fall practices are after school, and Saturday morning/early afternoons.
- You must attend summer practices in order to join team.



### Benefits of Team:

- **Creating lifelong friendships**
- **Building life skills such as leadership, GRIT, teamwork & communication.**
- **Keeps children busy, active & Safe**
- **Teaches commitment and accountability**

# GIRLS ARTISTIC TEAM



## What is Team?

Team gymnastics is exactly what it sounds like: a group of competitive gymnasts who train and compete together. Gymnasts become part of a team, working closely with teammates throughout the season. At competitions, they have the opportunity to earn placements both as individuals and as part of the team. Throughout the year, gymnasts will learn routines, refine their skills, and continue to progress in their gymnastics journey.

Artistic gymnastics offers two distinct tracks for competitive athletes: The Developmental Program and the Xcel Program.

The Developmental Program includes Levels 1-10 and follows the traditional path for collegiate and elite gymnastics. This track involves a greater time and financial commitment.

The Xcel Program, which spans levels Bronze through Sapphire, is designed for gymnasts who want to compete while maintaining time for other interests. Xcel can also provide a pathway to collegiate Acro & Tumbling programs and college club gymnastics.

# FINANCIAL COMMITMENT

The competitive team requires a monthly tuition fee starting at \$275 for practice sessions, with the price based on the number of hours attended. Additionally, there are competition fees, which start at \$600, and are divided into four payment installments throughout the season.

Uniform costs are another expense to consider. The entry-level uniform, which includes a leotard and warm-up suit, typically totals around \$120.

As your gymnast advances, both the tuition and associated fees will increase accordingly.

## \*Other financial facts to consider\*

- Parent/sibling admission into each competition
- Travel fees: gas, hotel, food etc.



# TEAM COMMITMENT

- Team commitment starts with 2 practice sessions per week, totaling 3-6 hours, depending on the gymnast's level.
- Gymnastics is a year-round sport with breaks only for major holidays.
- Competitions may take place locally or in neighboring states.
- The competition season runs from November to March, with 4-5 meets during this period.
- Meets are typically scheduled for Friday, Saturday, or Sunday, and last about 3-4 hours, usually on one day.
- Exact dates and times for meets are usually confirmed 2-3 weeks in advance.

