

Important Gymnastics Information:

Informational Meeting:

There will be a brief informational meeting, prior to the season, for all athletes interested in trying out for gymnastics this season. This meeting will be held on October 23rd at 4pm in the South Field House. We will go over expectations, and I can hand out information on skill requirements, as well as our competition schedule.

Setup:

Setup will take place on November 6th and November 7th from 3:30-5pm. Setup is MANDATORY for athletes looking to tryout for the team this year. There are a few exceptions made for athletes competing in fall sports. Athletes are required, and family members are strongly encouraged to help move equipment! The more people we have, the faster we will have the gym put together.

Tryouts:

Tryouts will be held from November 11th and 12th. Athletes will be informed of their placement on the team by or at the end of practice on November 12th. Please see salmon colored handout for information on cuts. Any girl that is cut will receive a full refund of the activity fee.

Practice:

It is required that you attend all practices from start to finish.

Practice is Monday-Friday from 3:30-6:00 unless otherwise indicated. Gymnasts will need to arrange for a ride. The activity bus is not an option for Varsity/JV Gymnastics.

We will have **OPTIONAL** Saturday practices this season, from 9-11 a.m. unless otherwise indicated. There are also some Saturday practices during the holiday breaks. We encourage all gymnasts to come to Saturday practices, for additional skill practice, flexibility, and conditioning, but these practices are not required.

Mini-Gym Clinics:

We have 4 weeks of community ed. clinics throughout the season. These serve as a fundraiser. They are on Mondays from 6:00-7:30. It is **mandatory** that all gymnasts are in attendance to coach and supervise. Dates are November 11, 18, and 25, and December 2.

Parent Meeting:

We will have a parent meeting on Thursday, November 14th at 6:00pm. It is required by the MSHSL that this meeting is held. Please mark your calendars with this date.