

# 2015 - 2016 COMPETITION SCHEDULE

## Fall 2015 Season Meets

October 3rd

3:00 PM (12-above) Advanced

5:00 PM (12-above) Intermediate

October 4th

1:00 PM (7-11yrs old) Advanced

3:00 PM (7-11yrs old) intermediate

October 17th

3:00 PM (12-above) Advanced

5:00 PM (12-above) Intermediate

October 18th

1:00 PM (7-11yrs old) Advanced

3:00 PM (7-11yrs old) intermediate

## Championship Meet

November 7th

3:00 PM (12-above) Advanced

5:00 PM (12-above) Intermediate

November 8th

1:00 PM (7-11yrs old) Advanced

3:00 PM (7-11yrs old) intermediate

## Spring 2016 Season Meets TBD

If you are interested in our GYM Team program but still not sure, check out our **CAP** program. Our Competing Academy Program **starts in September** and is a great way to see if your child is ready for gymnastics competition and prepare them for what GYM Team has to offer!



# SCATS GYMNASTICS



*Sometimes  
YOU WIN,  
Sometimes  
you Learn.*

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# WHAT IS GYM TEAM?

GYM Team is a unique recreational competitive program for girls, ages 7 years and older, who have intermediate gymnastic skills and are interested in the competitive aspect of the sport.

This program is based on gymnastics as a team sport. We encourage the girls to use their individual development to help their team improve throughout the season. While GYM Team is intended to be a fun competitive program, commitment to the team is an important aspect. This means participation in practice and competitions is vital!

GYM Team is perfect for girls who have a strong competitive drive but maybe lack the desire or particular skill set to be in the sanctioned USAG team program. The flexible curriculum of this program allows the coach to focus on each girl's strengths and develop her talents on her favorite events, as well as challenge her to improve on those where she may struggle.

The GYM Team program is divided into two different age divisions: 7-10 year olds and 10 and older. The appropriate team is determined by the age of your gymnast is at the first meet of the season. *Please see Tara for more specific GYM Team Information in addition to this pamphlet.* Looking forward to the upcoming season!

## THE PRINCIPLES

Competitive GYM team works to build self-esteem and confidence through:

- Sportsmanship
- Competition
- Achievement
- Team Unity
- Goal-Setting
- Hard Work

## THE REQUIREMENTS

GYM Teams have girls of varying ability levels. Evaluations are required prior to final team placement, and a trial period may be specified. The coach to athlete ratio is a maximum of 8:1 (with occasional exceptions) Girls must be able to work independently at times and be able to remember routines.

## THE TRAINING

Each team will train twice a week for 2.5 hours. Like any sport, continuous attendance at practice will result in better performance; therefore, students are encouraged to be at each practice where we focus on strength, flexibility, team building, goal setting and skill development.

## THE EVENTS

Vault, Bars, Beam, Floor and Tumble Track. Six girls per team will compete on each event, and each girl will compete on at least two events.



## THE SEASONS

There are two competition seasons throughout the year: fall and spring. Each season consists of three competitions, the last being the championship meet.

## THE COMPETITIONS

SCATS GYM Teams compete against the other in-house teams here at SCATS as well as the GYM Teams from Olympica Gymnastics and Wildfire Gymnastics. Gymnasts are expected to participate in all competitions. The goal on competition day is to show your skills, have fun, and help your team achieve success. Team spirit is emphasized alongside sportsmanship.

## THE JUDGES

Our GYM Team judging staff includes members of each gym's coaching staff who have been trained in the GYM Team requirements. While they strive to be as consistent and fair as possible, they are not perfect! Please resist the urge to judge our judges. They work hard to make this a great program for your gymnasts!

## THE FEES

- **Team leotard:** (required) \$35
  - **Warm-ups/Bag:** (optional) \$95/\$20
  - **Competition Fees:** \$30 per Competition (\$35 for championship), billed the month of the competition
- \*All fees are subject to change.  
\*\*Warm-ups offered seasonally.*

## THE AWARDS

Awards are given to all participants. Top 3 teams in each competition will be announced. Season champs are determined by combined scores from all meets and will hold the plaque until the next season! The top 6 from each event, according to age, will receive awards.