

Bradley - Darby - Davidson



High School Gymnastics - Team Tryouts

Friday, 11/1 (5-7pm) and Saturday, 11/2 (Time TBD) @ Fliptastic! Gymnastics

IF YOU HAVE GYMNASTICS EXPERIENCE- COME TRY OUT FOR THE GYMNASTICS TEAM!

Season:

Runs from the first week of November to the first week of March

Competition Level:

There are all levels of competition- Basic Gymnastics training required - But skills through level 10 can be competed

Practices:

Practice times are split between Hilliard Davidson and Fliptastic! Gymnastics. The team practices 4 times a week typically.

** There is no bussing provided for transport to practices

Meets:

There are approx. 11-14 meets per season- They consist of regular season meets, Invitationals, OCC league Championship meet, and the District Championship meet- Qualifiers at the District meet would compete at the State Gymnastics Meet the 1st weekend of March

Cost:

Each Gymnast must pay the School Participation fee- There are also costs associated with leotards, warm-up leotards, and warm-ups. We do have fundraising activities to offset some of the costs if gymnasts are interested. More details will be given at the "Meet the team" meeting.

Conditioning & Open Gyms:

We offer conditioning in September/ October. This is not mandatory- but recommended! We will also hold a couple of Open Gyms at Fliptastic! Gymnastics!

ALL GYMNASTS MUST HAVE A COMPLETED PHYSICAL PRIOR TO TRYOUTS- NO ONE WILL BE PERMITTED TO TRY OUT IF THEY DO NOT HAVE A PHYSICAL!!

Please see Minimum Requirements Sheet for Tryout Information

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www.hilliardgymnastics.com