



TROY  **GYM**

**BOYS TEAM
INFORMATIONAL PACKET**

WELCOME



Welcome, and thank you for your interest in our Men's Artistic Gymnastics Team!

Men's Artistic Gymnastics is an Olympic sport that emphasizes strength, power, coordination, and skill. Male gymnasts compete on six apparatus: floor exercise, pommel horse, still rings, vault, parallel bars, and horizontal bar. Routines typically last 30-90 seconds and are evaluated on both technical difficulty and execution.

Through training and competition, athletes develop strong fundamentals while learning event-specific skills such as powerful tumbling on floor, continuous movement on pommel horse, strength holds on rings, explosive vaulting, and dynamic swings and releases on the bars.

Our program focuses on building strong technique, discipline, confidence, and teamwork while helping athletes grow and progress in the sport.

We appreciate your interest and look forward to sharing more about our Men's Artistic Gymnastics program!

We would love to welcome you to our team!

WWW.TROGYM.COM/BOYS-TEAMS

TEAMS OVERVIEW & TRYOUT INFORMATION



ALL TEAMS REQUIRE:

YEAR LONG COMMITMENT

UNIFORMS (\$120+)

2-3 PRACTICES/WEEK

MEET FEES (\$400+)

TUITION: STARTS AT \$200/MONTH

3-5 COMPETITIONS/SEASON

OUR SEASON RUNS FROM JUNE 1, 2026 THROUGH JUNE 1, 2027. COMPETITION SCHEDULES TYPICALLY RANGE FROM DECEMBER-APRIL.

TRYOUT INFORMATION

MAY 1ST OR MAY 15TH AT 6PM
🕒 APPROX. 90 MINUTES | AGES 5+ | \$10
FOR BOYS ONLY

INFORMATION REGARDING PLACEMENT, PRACTICE TIMES, DETAILED COSTS, ETC. WILL BE EMAILED FOLLOWING THE COMPLETION OF ALL TRYOUTS.

SIGN UP BY CALLING THE OFFICE AT 248-816-8496 OR EMAILING
TGTEAM@TROYGYM.COM

MEET THE TEAM LEADS



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