

TROY GYM TEAM TRYOUTS

CALL 248-816-8496 TO ENROLL!



GIRLS LEVELS TEAM

**ALL FEMALE ATHLETES WILL BE EVALUATED AND PLACED IN EITHER THE XCEL OR LEVELS PROGRAM, WHICHEVER IS DETERMINED TO BE THE BEST FIT.*

VAULT, BARS, BEAM, FLOOR
TUESDAY 4/8 4:30-6PM OR 6-7:30PM
THURSDAY 4/10 4:30-6PM OR 6-7:30PM
SATURDAY 4/12 12-1:30PM OR 1-2:30PM
FOR GIRLS AGES 4+
COST: \$10

PRACTICES: 2-3 DAYS/WEEK & 1.5-3.5 HOURS/PRACTICE.
 PRACTICES BEGIN JUNE 17TH & IS A YEAR-LONG COMMITMENT
 SUMMER PRACTICES: MORNINGS M-F (APPROX. 9AM)
 FALL PRACTICES START SEPTEMBER 3RD & CAN BE M-F (APPROX 4:30PM) & SATURDAY MORNING
 FEES INCLUDE: MONTHLY TUITION STARTS AT \$275/MONTH, COMPETITION FEES START AT \$600/SEASON UNIFORM FEES START AT \$120

PRE TRYOUT INFORMATION MEETING:
APRIL 1ST 4:30 OR 6:30PM



CO-ED TRAMPOLINE & TUMBLING TEAM

TUMBLING, TRAMPOLINE, DOUBLE MINI
SATURDAY 4/12 9:00-9:30 OR 11:00-11:30
TUESDAY 4/15 4:00-4:30 OR 4:30-5PM
WEDNESDAY 4/16 4:30-5:00PM OR 5:00-5:30PM

FOR BOYS & GIRLS AGES 5+ THAT HAVE MASTERED FORWARD ROLLS OR CARTWHEELS
COST: \$5

DETAILS: COMPETITIONS RANGE FROM "IN-HOUSE" TO "LOCAL" SITES

PRACTICES: 2-3 DAYS/WEEK & 1-3 HOURS/PRACTICE & IS A YEAR-LONG COMMITMENT

FEES INCLUDE: MONTHLY TUITION RANGES FROM \$115-\$250/MONTH, COMPETITION FEES RANGE FROM \$350-\$550 PER SEASON, UNIFORM FEES START AT \$80



BOYS TEAM

TBD *EARLY MAY*
FOR BOYS ONLY
COST: \$10

ELIGIBILITY: CURRENTLY ENROLLED IN BOYS CLASSES, TIGERS & TITANS

WHAT TO EXPECT: DURING THE TRYOUT, ATHLETES WILL DEMONSTRATE THEIR SKILLS ON VARIOUS APPARATUSES SUCH AS THE FLOOR, POMMEL HORSE, RINGS, VAULT, PARALLEL BARS, AND HIGH BAR. THE FOCUS WILL BE ON STRENGTH, FLEXIBILITY, AND FORM.

SELECTION CRITERIA: TEAM PLACEMENT WILL BE BASED ON SKILL LEVEL, WORK ETHIC, ATTITUDE, AND POTENTIAL FOR GROWTH.

IMPORTANT NOTES:
 GYMNASTICS IS A YEAR-ROUND SPORT, SO BE PREPARED FOR A FULL SEASON COMMITMENT IF SELECTED.
 WE WILL NOTIFY ATHLETES OF THEIR RESULTS AFTER THE TRYOUT PERIOD.



XCEL GIRLS TEAM

**ALL FEMALE ATHLETES WILL BE EVALUATED AND PLACED IN EITHER THE XCEL OR LEVELS PROGRAM, WHICHEVER IS DETERMINED TO BE THE BEST FIT.*

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SATURDAY 4/12 12-1:30PM OR 1-2:30PM
FOR GIRLS AGES 4+
COST: \$10

QUICK OVERVIEW OF TEAM
 •YEAR COMMITMENT
 •TEAM BONDING
 •COMPETITIONS
 •LEARN INDIVIDUAL ROUTINES WITH MUSIC CHOICE
 COMPETITION UNIFORMS

2 DAYS/WEEK PRACTICE
 TIMES: 2.5 - 3.0 HOURS/ PER PRACTICE
 MONTHLY TUITION \$276-\$289
 5-6 COMPETITIONS PER SEASON
 YEARLY FEES \$950-\$1000