



TROY  **GYM**

**GIRLS TEAM
INFORMATIONAL PACKET**

WELCOME



Welcome, and thank you for your interest in our Women's Development Program Team!

The USA Gymnastics Women's Development Program is a structured progression of Levels 1-10, designed to help gymnasts build strong fundamentals and advance through the sport as they master new skills.

Our Compulsory Team (Levels 1-5) focuses on discipline, teamwork, and strong basic skills, with each level building on the previous one. Levels 1 and 2 participate in fun meets, while Level 3 begins sanctioned competition.

Our Optional Team (Levels 6-10) allows gymnasts to perform individualized routines that highlight their strengths. Levels 6-7 introduce optional skills, while Levels 8-10 compete at the state and regional level. Levels 9 and 10 may also qualify for National competitions.

This program provides a pathway for athletes to grow in skill, confidence, and dedication as they progress in the sport.

We would love to welcome you to our team!

WWW.TROGYM.COM/J-O-LEVELS

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

HIGHER COMMITMENT THAN XCEL

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

TRYOUT INFORMATION

APRIL 22 - 4:30 PM & 6:00 PM

APRIL 24 - 4:30 PM & 6:00 PM

APRIL 25 - 12:30 PM & 2:00 PM

🕒 APPROX. 60 MINUTES | 🧒 AGES 4+ | 💰 \$10

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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