



**TROY**  **GYM**

**TRAMPOLINE &  
TUMBLING TEAM  
INFORMATIONAL PACKET**

# WELCOME



Welcome to the Troy Gymnastics Trampoline & Tumbling Competition Team!

Our team is more than a place to train — it's a supportive community where athletes grow in skill, confidence, discipline, and character. We are proud of our athletes and committed to helping each one progress both inside and outside the gym.

Athletes are placed in training groups based on age and ability to ensure safe progression and focused instruction. We maintain an 8:1 athlete-to-coach ratio for individualized feedback and strong team connection, with placements determined by our coaching staff.

Our co-ed T&T Team offers USTA and USAG competitive pathways for athletes ages 5-19, from Sub-Beginner through Elite, with opportunities ranging from State to Regional and National levels. We also offer recreational T&T classes and our Tiny Tumblers program (ages 3.5-6).

Why choose T&T?

- Builds coordination and air awareness
- Lower time and financial commitment than traditional gymnastics
- Supportive, team-focused environment
- Open to all levels, beginner to elite

We would love to welcome you to our team!

[WWW.TROGYM.COM/T-T-TEAMS](http://WWW.TROGYM.COM/T-T-TEAMS)

# TEAMS OVERVIEW & TRYOUT INFORMATION



## ALL TEAMS REQUIRE:

YEAR LONG COMMITMENT

UNIFORMS (\$120+)

2-3 PRACTICES/WEEK

MEET FEES (\$400+)

3-5 COMPETITIONS/SEASON

COMPETITION W/ FLEXIBILITY

OUR SEASON RUNS FROM JUNE 1, 2026 THROUGH JUNE 1, 2027. COMPETITION SCHEDULES VARY BY LEVEL: LOWER-LEVEL ATHLETES TYPICALLY COMPETE FROM JANUARY THROUGH EARLY MAY, WHILE UPPER-LEVEL ATHLETES COMPETE FROM LATE NOVEMBER THROUGH MID-JUNE.

## TRYOUT INFORMATION

APRIL 20 - 5:00 PM & 7:00 PM

APRIL 22 - 5:00 PM & 7:00 PM

APRIL 24 - 4:30 PM & 5:30 PM

🕒 APPROX. 60 MINUTES | AGES 5+ | \$5

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  
TGTT@TROYGYM.COM

# PRACTICE COMMITMENT EXPECTATIONS



## DEVELOPMENTAL LEVELS

THESE GROUPS PRACTICE 2 TIMES PER WEEK FOR 1-2 HOURS EACH PRACTICE.

ATHLETES IN THIS GROUP MAY CHOOSE TO PRACTICE 1 TIME PER WEEK AS WELL, IF NEEDED.

## UPPER LEVELS

THESE GROUPS PRACTICE 2-3 TIMES PER WEEK FOR 2-3 HOURS EACH PRACTICE.

ATHLETES IN THIS GROUP MAY CHOOSE TO PRACTICE 1-2 TIMES PER WEEK AS WELL, IF NEEDED, HOWEVER 2+ IS HEAVILY PREFERRED.

**WE ARE FLEXIBLE!**

# MEET THE TEAM LEADS



*Heather Shine*

**DIRECTOR OF TEAMS**

TGTEAM@TROYGYM.COM

**ABOUT HEATHER:**

COLLEGIATE ARTISTIC GYMNAST AT GRAND VALLEY STATE UNIVERSITY  
COMPETED LEVEL 10  
BEGAN TROY T&T PROGRAM IN 2011.



*Lauren Tucci-Horwey*

**ASSISTANT DIRECTOR**

LAUREN@TROYGYM.COM

**ABOUT LAUREN:**

COMPETITIVE T&T ATHLETE FOR 11 YEARS  
PLACED TOP 10 AT EVERY NATIONAL CHAMPIONSHIP  
COMPETED LEVEL 10 T&T



**HEATHER & LAUREN COACHING ACCOMPLISHMENTS AT TG**

HAS TAKEN A TEAM TO NATIONALS EVERY YEAR SINCE 2011  
HAVE PRODUCED 20+ NATIONAL CHAMPIONS  
CONTINUALLY HAVE THE LARGEST TEAM IN MICHIGAN & THE UNITED STATES

# 2025 NATIONALS ACHIEVEMENTS



**2ND PLACE TOP OVERALL**  
ADVANCED/ELITE TEAM OF OVER 40 CLUBS.

**35 TOP 10 FINISHES**

**1ST PLACE** ELITE GIRLS DOUBLE MINI TEAM

**2ND PLACE** ADVANCED BOYS DOUBLE MINI TEAM

**2ND PLACE** ADVANCED GIRLS  
SYNCHRONIZED TRAMPOLINE TEAM

**2ND PLACE** ELITE GIRLS TRAMPOLINE TEAM