

## Tri-Star Gymnastics 2008/09 Fall Team Schedule

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>Girls Junior Pre-Team</b>	4:00-5:30PM		4:00-5:30 PM			
<b>Girls Senior Pre-Team</b>		6:30-8:30PM Dance 6:30-7:15				12:45-2:45PM
<b>Boys Pre-Team</b>			4:30-6 PM			12N-1:30PM
<b>GIJO 4</b>		4:00-6:30PM Dance 5:45 – 6:30		4:00-6:30PM		
<b>GIJO 5</b>	5:30-7:30PM		5:30-7:30PM		Dance 5:30-6:30	1:30-4:30PM
<b>High School Prep</b>	5:30-8:30PM				4:30-7:30PM Dance 6:30-7:30	
<b>USAG Boys</b>		4:30-6:30pm		4:30-6:30PM		1:30-3:30PM
<b>USAG Girls</b>	5:30-8:30PM		5:30-8:30PM		4:30-7:30PM	9:30-12:30PM

**Boys & Girls Junior Pre-teams (3 hrs/wk.) @ \$85/month**

**Girls Senior Pre-team (4 hrs/wk.) @ \$105/month**

**GIJO 4's(5 hrs/wk.) @ \$125/month**

**High School Prep (6 hrs/wk.) @ \$145/month**

**GIJO 5's (8 hrs/wk.) @ \$160/month**

**USAG Boys (6 hrs/wk.) @ \$145/month**

**USAG Girls (12 hrs/wk.) @ \$220/month**

## Team Information

**All members on any team at Tri-Star Gymnastics make a commitment to their coaches to participate the required number of hours per week as well as participate in our Annual Gym Show. Team members are required to purchase a team leotard or boys uniform. All USAG team members must register and join the USAG organization.**

**Girls Junior Pre-team:** For girls attending 1<sup>st</sup> through 3<sup>rd</sup> grade (exceptions made for exceptional kindergarteners) who have tried out and been accepted on junior pre-team. Preparation for the next level team (GIJO 4) which is a competitive team. Girls must be able to perform a pull-over on the bars; a straight jump, split jump on the balance beam, and left/right cartwheels on floor.

**Girls Senior Pre-team:** For girls attending 4<sup>th</sup> through 7<sup>th</sup> grade (exceptions made for some 3<sup>rd</sup> graders) who have tried out and been accepted on senior pre-team. The girls must perform a pull-over on bars, straight jump, split jump on balance beam, and right & left cartwheels on floor. The Senior Pre-team girls will compete in GIJO Level 3 meets, with preparation for Level 4, so the purchase of a competitive leotard is required.

**GIJO 4:** High level competition requiring a round-off, back handspring (flip-flop) on floor and a hand-stand on beam, a front and back hip circle on bars. The purchase of a competitive leotard and warm-ups are required. Try-outs are required.

**GIJO 5:** High level of competition requiring a round-off, two back handsprings on floor, a cartwheel on balance beam, and glide-kips on bars, and a hand spring vault. The purchase of a competitive leotard and warm-up are required. Try-outs are required.

**Boys Pre-team:** By invitation or try-outs. Recommended for 1<sup>st</sup> through 3<sup>rd</sup> grade boys interested in honing their skills to prepare for competition. Boys must be focused and willing to learn specific skills for compulsory competition. Try-outs are required.

**High School Prep:** Girls must be no younger than 6<sup>th</sup> grade level, must have a pull-over, back-hip circle on bars, a round-off, flip-flop on floor and be willing to work 6 hours a week. The focus of this team is preparation for a High School Gymnastics Team. When ready, the girls will compete GIJO 7 (optionals).

**USAG Girls:** Girls must qualify with all level 5 skills to participate in the USAG team. A commitment to 4 days a week is required along with a USAG membership each year. Warm-ups are rented from Tri-Star but a team leotard purchase is required.

**USAG Boys:** Boys must qualify for the first level of competition in Level 4. Try-outs are required. The purchase of a team uniform and membership in the USAG organization is a must. Boys must be willing to attend 3 days a week in preparation for competition. Try-outs are required.