

Hello,

Team tryouts will be Saturday, July 7 from 11am-12:30pm. Please arrive through the main doors 10-15 mins early to sign your child in. If you are not currently a member of our club you must also fill out a waiver upon arrival. **You must pre register for the tryouts** and may do so through our website at www.capcitygym.com or by calling the office at 780-469-0662. There is a \$5 fees for members and a \$10 fee for non members.

Team Information (September 2018 - June 2019)

Team 1 – The Team athletes must be 6 yrs old and over. The Junior Olympic (Team) program was developed with the belief that all athletes, regardless of their potential, must have a solid foundation of basic skills in order to advance safely and is designed for athletes aged 6 and up who demonstrate above average ability for the sport of gymnastics. These athletes will train between five and six hours per week.

The program allows the gymnast to advance at her own pace, possibly competing in more than one level in a year. For level 1-3, competitions are in the form of a fun meet. Athletes will be awarded gold, silver or bronze according to their score. Their score is not compared to other athletes. The goal is to achieve their personal best in each competition they attend. Level 4 & 5 competitions are regular format, with medals for 1st, 2nd and 3rd places and ribbons until 8th place. The Teams train from September to June and must attend competitions.

All Teams will be on a 10 month contract and must attend 4 weeks of summer training at an additional cost. Summer training times to be announced. You must pre register for the Summer training.

Regular Training Hours (September - June):

Team 1 trains 5 hours per week - Wed 6-8:30pm & Saturday 3:45-6:15pm - \$322 per month/10 months (Sept – June)

The [Junior Olympic\(Team\) program](#) is designed for athletes aged 6 and up who demonstrate above average ability for the sport of gymnastics. These athletes will train between five and six hours per week.

In addition to training fees, all team competitive athletes must purchase: (Prices to be determined annually)

1. a team tracksuit or track jacket
2. a competitive team bodysuit to be used for competitions.
3. team backpack as prescribed by CCGC.
4. choreography
4. Additional mandatory summer training of 4 weeks. (Extra Fees)

Additional training equipment and supplies may be directed by the coach.

Choreography will be arranged by the coach and will have separate fees and time commitments outside of normal training hours.

Please note: team spots are not guaranteed from year to year.

* All athletes are required to attend the evaluation to be included in the team selection.

Teams may pay monthly on a credit card or by post dated cheques and are required to do an 8 hour volunteer shift at Gym Power. You may also participate in various fundraisers, cleaning shift, etc for CCGC points to reduce fees.

All athletes will be notified by, July 11/18, via email regarding acceptance into Teams and will receive the Handbook to review. We will offer alternate program suggestions for those who are not accepted.