



Metro's Girls Team Tryouts Saturday April 20th 12:30-3pm

We are excited that you are interested in taking the next step in your gymnastics career. The following is an explanation of the two competitive programs we offer here at Metro Gymnastics Center. This information is to better prepare you before attending Metro's team tryout on Saturday April 20. This tryout will be to evaluate the gymnasts in order to determine where they would best fit into our programs. The Junior Olympic Program (Levels 2 or 3) or the XCEL program (Levels silver or gold).

1. The **Junior Olympic Program** has levels 1-10. This program begins with compulsory level gymnastics. **Levels 1-5** are considered compulsory levels; we currently have levels 2-5 at Metro. All athletes at these levels compete the same skills and routines to master their form and technique. Their competitions will travel around the states of Oregon and Washington with occasional competitions in additional states. **Levels 6-10** are considered optional levels. These are the "big girls" you see doing all the "cool tricks" each evening. At these levels the coaches customize the routines for each girl. These levels travel around the nation and compete at a national level each season. These levels are similar to what you see on TV for college, and levels 9 and 10 can lead into college.
2. The **XCEL** program is a newer program created by USA Gymnastics. The XCEL program at Metro is an extension of our recreational program for those gymnasts who want to experience competition, but in a less serious manner. XCEL is more flexible in regards to skill requirements, practice days, and competition schedules. Xcel has 5 competitive levels, but currently at Metro, we have a **Silver** and a **Gold** Team (these are the 2nd and 3rd levels of XCEL). The XCEL program is an excellent choice for girls who want to take their gymnastics to the next level and wish to compete, but are unable to commit the time necessary to be competitive in the Junior Olympic Program.

Who can try out? Girls ages 6 and older who are in our current Rec program who are a minimum of a level 2/3 gymnast with a minimum of the following skills:

Bars: a pull-over and a back hip circle unassisted.

Floor: a handstand to a bridge then kick-over to a stand, backward roll to pushup, and a running round-off.

Strength: Minimum of 3 chin-ups from a dead hang.

We will be selecting our 2019-20 team members based on skill level, strength, flexibility and work ethic.

The following information will explain the differences between the two Team programs in regards to practice hours and current financial requirements. All pricing is based off this current year; **prices will be subject to change** for the next competitive year.

Cost comparisons	XCEL	Level 2	Level 3
Metro's membership fee	\$30	\$75	\$75
Monthly fee (approx.)	\$210	\$135	\$248
USA-Gym - membership fee	\$27/59	\$27	\$59
Entry fee per competition	\$55-80	\$80-100	\$80-100
Team fee assessment	\$185	\$141	\$537
Uniform	\$210	\$140	\$300
Competitions in 2019	*choose 5-8	4	8
Training hours per week	*choose 4-6	4	9
Training schedule (approx.)	*M - TH 5:25-7:25	M&W 3-5	M, TH & FR 4:30-7:30

*In the **XCEL** program you can choose between 5 and 8 competitions. You also choose how many hours per week you attend with a minimum of 4.

*In the **JO** Program the training schedule is set for each level as well as the competition schedule.

Frequently Asked Questions

How am I notified if my daughter makes the team? We will email every athlete that tries outs with their results within 7 to 10 days of the tryout date.

Can I choose which program to try-out for? Yes!! You can "check-off" on your form which program you want to try-out for, or you can try-out for both in hopes of making either team (J. O. compulsory 2 or 3 or XCEL)

What if my daughter does not make the team? We encourage athletes that do not make either team to continue to take 2 recreational classes per week to increase their skill level, flexibility and strength.

What if my daughter makes a team? Practices will begin in June for both of these team programs. The Coach or Director of the program will give you more details once you've been selected. Our competitive programs are considered year-round sports. You will be committing to attending practices starting summer 2019 and throughout the following school year.

When are the competitions? Metro's team competitions will start January 2020 and end in April 2020. Competitions are held on Friday, Saturday or Sundays. Host Clubs make their own schedules.

Is there a fee for the try-out? Yes, the cost is \$10 per gymnast. Pre-pay with the registration form, this needs to be turned into the front desk by April 6th.

Please turn this form into the front office to reserve your daughters spot for try-outs.

Your credit card on file can be ran for this fee.

Metro Team Tryout April 20th 12:30-3pm / fee \$10.00

- Gymnast's Name: _____ AGE: _____
- Current Teachers Name: _____
- Current Class Level: _____
- Team you are trying out for: **J.O. Compulsory Level 2 or 3** _____ **XCEL** _____
{If unknown or you don't have a preference, check both}
- Parents Name: _____
- Contact Email of Parent: _____
- Contact Phone of Parent: _____