

Date: August 20th 6-8pm

Who can come:

*Anyone with previous or current experience in Rec or Team programs that have interest in joining IGM Team and are ages 4-12 years old.

What can they tryout for:

Boys program

Girls Xcel Competitive Program

Women's USA Artistic Program (Competitive Levels)

Women's USA Artistic Pre-Team Program

Team Descriptions:

Pre team:

The Pre team levels trains drills in preparation for gymnastics skills, basics, strength, and flexibility. The objective is to familiarize them with the four Olympic events (vault, bars, beam, & floor), as well as to start training proper technique on the gymnastics basics. Their season runs year round. They practice two times a week, for 1.5-2Hrs hours each day.

Women's and Men's USA Artistic Program:

Compulsory Program Boys and Girls (Levels 3-5)

Compulsory gymnasts train more advanced drills and skills along with training the compulsory level exercises. They learn and compete the compulsory routines under USA Gymnastics guidelines. The objective for the compulsory gymnast is to successfully pass out of these beginner competitive levels with a good grasp of competitive gymnastics, along with a strong, technically sound, base repertoire of gymnastics skills.

Their season runs year round, practicing three days per week for approximately 3-4 hours each day.

Optional Program Boys and Girls (Levels 6-10)

The Optional gymnast continues to train strength and flexibility to help acquire the higher level, more demanding gymnastics skills. They will have the opportunity to express their own creativity of skills or combination of skills along with the help of their coaches. Their objective, along with training to increase their portfolio of gymnastics skills and combinations, is to compete more advanced routines in preparation for USA Gymnastics State, Regional, and National meets.

Their season runs year round, practicing 4-5 days per week for approximately 4-5 hours each day.

XCEL PROGRAM

(Alternative to the Women's USA Artistic program and is also governed by USA Gymnastics)

Competitive Levels of Bronze, Silver, Gold, Platinum & Diamond Divisions

The Xcel program is designed to offer a broad-based, affordable competitive experience outside the traditional Jr. Olympic Program to attract and retain a diverse group of athletes.

How do I sign up:

*Due to covid walk ins for tryouts will not be allowed. Please reserve your spot by Monday August 17th.

Please call or stop in the IGM office to sign up

IGM Office Phone: (952) 898-3889