



Grand Rapids
GYMNASTICS

STARS Team

2019-20 season

Are you in a GymStar 2 class or better?

WOULD YOU LIKE TO BE A PART OF OUR RECREATIONAL STARS TEAM?



WHAT IS STARS?

The STARS program is a recreational team program for developmental participants in the GymStar Program. The STARS TEAM will have the opportunity to represent GRG in the Competitive/Performance arena.

WHO CAN PARTICIPATE?

Any gymnast currently enrolled in a GymStar 2-3 class or in our GRG Varsity Program.

HOW DOES IT WORK?

- Participating athletes will need to sign up for a once/week “STARS TEAM” practice in addition to their current GymStar Class.
- Gymnasts will be taught USA Gymnastics compulsory routines on all 4 events depending on skill level.
- Competitions will be scheduled throughout the Winter and into Spring (4-5 meets/season). The first meet of each season will be at DeVos Place for Gymnastics on the Grand hosted by GRG the first weekend of December.

WHAT ABOUT A UNIFORM?

Team STARS members will need a special team leotard. It is to be worn at the competitions and performances, but can also be worn at practice. Warm-up Jackets and Bags will be purchased as well.

WHAT TIMES WILL THEY PRACTICE?

- STARS TEAM practices Saturdays 11am-1pm.
- All team members are then welcome to stay for open gym at 1/2 price (\$4) from 1-3pm.

WHAT IS THE COST?

- \$58/mo in addition to your GymStar class fee.
- Additional fees include meet fees. Meet fees are determined by the host gym and include individual participation for your child plus your share of team fee and coaching fee.
- Participation in the “meets” is NOT mandatory and will be signed up for in advance to season.

HOW CAN I FIND OUT MORE?

STARS Team is an open enrollment through October 1st. You can join anytime throughout the year, however, competition eligibility will be set to the discretion of the coach..



Please stop by the front desk with any questions you may have regarding our STARS program. We would be happy to help you any way we can.