

JOYS Gymnastics

TEAM TRY-OUTS

JOYS Gymnastics will be conducting

TEAM TRY-OUTS

for all interested gymnasts on

SUNDAY, November 8th at 3:00pm

If your daughter ...

is at least 6 years old;

has a LOVE for gymnastics;

is willing to commit to our team's criteria;

and is proficient in the necessary skills

(please see attached)

**she is welcome to try-out and be evaluated by our
team's coaching staff.**

**If you have any questions about the process,
please contact**

Assistant Head Coach, Hallie Parkison

(Hallie.joysgymnastics@gmail.com)

or your daughter's instructor

**PLEASE NOTIFY US AT JOYSGYMNASTICS@GMAIL.COM
IF YOUR DAUGHTER WILL BE TRYING OUT SO WE CAN
SCHEDULE OUR STAFF ACCORDINGLY.**

1724 So. Main Street South Bend, IN 46613

574/400-5698

joysgymnastics.org

JOYS Gymnastics

JOYS Gymnastics began nearly 50 years ago as a program within the Michiana YMCA. It has grown to include an award-winning competitive team under our Head Coach, Kathy Brothers.

Team gymnasts practice **year-round** to build and maintain strength and skills. New skills are learned and perfected during the off-season.

Our practice schedule is:

Tuesday and Thursday

5:00pm – 7:30pm

Your daughter would be expected to practice both of those days every week.

Team Fees are currently \$165.00/month (if you meet your fundraising goal); or \$230.00/month. These fees are calculated on an annual basis and include all practice costs.

As a non-profit organization JOYS Gymnastics and its competitive team depend on the support of our member families to succeed. Our team must cover all of their expenses as well as a portion of our organization's overhead. **This is accomplished not only through the team fees you pay, but mandatory fundraising as well.**

Please ensure you and your daughter are prepared to make a commitment to our team.

Good luck to your gymnast!

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Our competition seasons are March through May and October through January. We usually travel to approximately eight meets at neighboring gyms (generally within a one hour drive of the South Bend area).

Criteria for COMPETITIVE TEAM

Vault:

- Handstand Vault
- Running Technique
- Power off Vault Board

Bars:

- Pullover
- Back-Hip Circle
- Cast

Beam:

- Jump to Front Support
- Level 2 Dismount
- Lever
- Straight Jump

Floor:

- Handstand (hold for one second)
- Round-Off
- Bridge Kickover
or BackBend Kickover
- Backward Roll
- Candlestick
- Split Jump

Additionally a positive attitude and ability to learn new skills and/or routines quickly will be evaluated.

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