



## **DO YOU WANT TO BE A COMPETITIVE GYMNAST? TEAM TRYOUTS ARE ON NOVEMBER 2<sup>nd</sup>, 2018 AT 7:00PM**

Starlight Gymnastics offers the best and most organized competitive program in all of northeast Florida. We are the proud home **Emma Slappey, 2015 Full Ride Athletic Scholarship – Auburn Gymnastics Team** - 2013 JO National Qualifier (3<sup>rd</sup> Place Floor, 15<sup>th</sup> Place AA), 2012 JO National Qualifier (10<sup>th</sup> Place AA), 2011 JO National Qualifier, 2010 JO NIT Qualifier, 2009 Level 8 JO Team Florida Member and 4<sup>th</sup> AA at the 2009 Cover Girl Challenge (Now known as Secret US Classic). We have many State & Regional Champions as well as Nationals qualifiers and future Olympians! In the past years we have sent our graduating seniors to pursue collegiate gymnastics at the following universities: University of Florida, University of Alabama, Auburn University, Penn State University and Southeast Missouri State University. **Michael Sanders - Class of 2017 with a Full Ride Scholarship to Southeast Missouri State and Emerson Hurst – class of 2018 with a Full Ride Scholarship to Towson University!** Our competitive team program includes the USA Gymnastics levels 1-10, Xcel.

Tryouts are open to all girls 3 years of age and up. We test the candidates on their individual PHYSICAL ABILITIES – pushups, pullups, L-holds, rope climb, vertical jump, 60 yd dash, splits, shoulders and hamstrings. Through this testing format, we get an overall view of the individual's ability. Each child will be tested and their score will be based upon both their physical abilities and their age. The children with the top scores are selected to join the Level 1 & 2 teams and selection for Xcel program.

Any child born in 2011 or later will be eligible for Level 2. Any child born in 2013 or 2014 will be eligible for Level 1. Children with a birthday in the year of 2012 will be placed at the coach's discretion on the team for which they are best suited. Level 1 range in age from 3 to 4/5 years and Level 2 is 5/6 up to 8 years. Xcel Silver and Bronze ages 5 and up. The first year of their training includes the basics of gymnastics: conditioning, flexibility and beginning gymnastics skills.

The Level 1 team practices Wednesday and Friday, 3:30-5:30pm. The monthly tuition is \$150.00. The Level 2 team practices Thursday 6:00-8:30pm and Saturday, 12:00-2:30pm. The monthly tuition is \$160. Xcel Bronze and Silver practice Thursday 4:00-6:00pm and Saturday 9:00-12:00pm. The monthly tuition is \$160. Please note during the summer and competition season team practice hours and tuition rates are subject to change.

Those who are selected to join Starlight Gymnastics Team program and Five Star Booster Club (FSBC-our team parent organization) will be asked to adhere to the terms of the Starlight Competitive Team Agreement and the Competitive Team Rules which commits both the parent and the athlete to one year of training in our team program. During the course of the year the teams will be participating in competitions. The sport of gymnastics involves a great commitment from both the parent and child. Before you decide to allow your child to try out for our program, please consider the commitment required.

As always, thank you for your continued support of Starlight Gymnastics where your children are our #1 priority.

The registration fee for tryouts is \$10 per child. The tryout registration deadline is October 31, 2018. We would love to see you there and wish you all the best.

Starlight Gymnastics (904)260-4866 [www.starlightjax.com](http://www.starlightjax.com) email: [starlight@starlightjax.com](mailto:starlight@starlightjax.com)