



All Stars Unlimited – Gymnastics Team



OUR SQUAD/TEAM PHILOSOPHY >> *Our non-competitive, upbeat, and positive squads/teams focus on setting and achieving goals, building team spirit, camaraderie, and leadership skills. Performances and other events will be scheduled throughout the season. A full season commitment with participation in scheduled practices and performances is vital to each member's success as well as the team's success.*

ALL STAR PERFORMANCE GYMNASTICS TEAM – 2 Days a Week

This non-competitive team is perfect for those children interested in being part of a team, without the pressure of competing. This team will be learning Levels 2-6 (depending on ability) Compulsory routines on all 4 gymnastics events (bars, beam, vault, floor). Since this team works out a 2nd day a week, they will work at a faster and harder pace to ensure they progress on all 4 events. Conditioning and flexibility will also be incorporated into practices to help gain strength. They will have non-competitive meets throughout the season. (approx 5-6 total) Each All Star Gymnast will gain confidence through teamwork, leadership, setting and achieving goals, and learning new and exciting skills while having the time of their life!!

Instructor approval needed for all participants. A full season commitment is REQUIRED (Aug-May). Participation in scheduled practices and performances is vital to each member's success as well as the team's success. Team Packets will be given upon enrollment or at a mandatory meeting pre-season.

AGES: 6-14

COMMITMENT: AUG 2010 – MAY 2011

DAY: TUES and THURS 4:30-6:00pm

FEES: \$125.00/Month DUE on the 5th of Each Month (starting August 3rd)

**Team Leotard, Shorts, T-Shirt and Bag is to be purchased from All Stars by Sept. 30th.

**ASU has a \$25 registration fee to be paid once a year upon registration

**SUMMER (AUG) PRACTICE:

Times and Day TBD

Tuition (\$85) is due on July 1st upon registration