



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

This one day a week, non-competitive team is perfect for those children interested in being part of a team. This team will be learning Levels 3-5 (depending on ability) Compulsory routines on all 4 gymnastics events (bars, beam, vault, floor). Conditioning and flexibility will also be incorporated into practices to help gain strength. They will have non-competitive meets throughout the season. (approx 4-5 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** (September-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: SEP 2009 – MAY 2010

DAY: TUES 4:30-6:00pm

FEES: \$85.00/Month DUE on the 5th of Each Month

**Team Leotard is to be purchased from All Stars by Sept. 30th. (cost to be approx \$75)