

Boundless Team Selection Process

Care must be taken when adding new athletes to existing teams. This is handled by involving the entire staff in the selection process. The staff is committed to making sure the right decision was made for each individual. Boundless places athletes on a level that is appropriate based on their skill level, emotional readiness and mental toughness. Age does not factor into a level placement decision, only program decisions. Each division of gymnastics has slightly different requirements in the foundation of training.

General Boundless Requirements

Artistic

- General Coordination
- Flexibility
- Fear Factor
- Position Comprehension
- Mental Toughness

Rhythmic

- Advanced Flexibility
- Core Strength
- Hand-Eye Coordination
- Balance
- Posture

Acrobatic

- Core Strength
- Balance
- Posture
- Mental Toughness
- Self-Confidence

Students who attend the test day will ask to perform certain skills that they have been learning in their recreational classes or would have learned at another gym. The staff evaluates the students based on performance and potential ability. We also look at comprehension and the ability to adapt to a correction. If students have no basic but show potential in all main areas, they will be placed on one of our pre-teams. If students have basic skills or more they will be placed on a team level best suited for them.

If the students are lacking in a main area or need major improvements in an area they will be asked to remain in a recreational class and will be given suggested steps to increase their chances of making a team the following year.

Gymnastics (all disciplines) is a very slow sport it generally takes a full year or two to move through the levels, so we must have patience with it. At Boundless the focus is not always on winning, we focus on the process of developing champions in and out of the gym.

The Athlete/Coach/Parent Triad.

This relationship is an exercise in compromise, communication and discipline. The athlete must always remain at the top of the pyramid, the purpose and motivation for the existence and necessity of the coach and parent. This is something we stress from day one and we hope you will join us in!

After testing is complete the staff will have a parent meeting with each new group to explain the details on what that team/pre-team entails. All teams will incur fees such as: USAG membership, coaches fund and travel expenses. However we do offer a wide variety of fundraising opportunities.

We want to make a team experience a possibility for everyone!

Please see the next page for a breakdown our Boundless team paths.

*In the artistic program athletes can switch between the programs with coach approval.

These charts are to be used as guidelines only!
Athletes may skip levels as their ability increase and as they mature physically and mentally.

