

Looking for more? Competitions? Performances? Recreational?  
Find out which is best for you! And how to get there!

### **What is Competitive Team?**

Competitive team is for the child who wants more of the sport than can be achieved by participation in our recreational program. These athletes are hand picked by our coaching staff to be tested with all final decisions made by the head coach.

Competitive team requires more dedication and commitment on the part of the child, the parent and the coaching staff. This program requires rigorous training that can potentially reach up to 30+ hours a week. Membership in our competitive team program results when a child has completed a testing process and is invited to the team. These athletes are invited to compete in competitions locally and nationwide.

### **What is Recreational Team?**

Recreational team membership is for the child who wants to compete for fun with a more relaxed program. The Recreational team trains fewer hours and cost less, allowing the athletes to part-take in other events outside of the gym.

This program is ideal for students who either may not have the natural ability to be a high level gymnast, are involved in other sports or started gymnastics at a later age. These athletes are hand picked by our coaching staff to be tested with all final decisions made by the head coach. These athletes are invited to compete in competitions locally and nationwide.

### **What is Performance Team?**

Performance Team is a non-competitive performance team that is selected by our coaches. These athletes are expected to train year round, attend practices and attend Boundless Team Events. These gymnasts aim to reach the high performance levels of gymnastics for the sole purpose of Fun. This group performs in Boundless events for exhibitions and fundraisers.

This program was designed for those girls who want to be part of a gymnastics team but have not yet achieved the skill level to join a competitive team or chose not to be in a competitive program. The gymnast is allowed to express her creativity by choosing the skills she likes best and creating her own routines on each event!

### **What is Pre-Team?**

Pre-team at Boundless consists of four different groups. Although Pre-Team is not considered part of team, we feel that the information contained within can help shape one's opinion and help with the important decisions involved in the future.

Pre-Team is simply the stepping-stone between the recreational class program and our team programs. It is a place for talented students who wish to explore the avenue to a more progressive team world. It is a place to learn what team is about without incurring some of the obligations associated with being a member of our Team. Pre-Team is a place for students to experience accelerated learning.

Since the training hours increase, so does the learning. Expectations are higher, the challenges are greater and the results follow suit. Pre-Team is NOT to be used as an advanced recreational class.

### **How does one get onto Team?**

In the spring a Boundless mass-testing event is held to evaluate readiness of kids who are presently involved within our recreational and pre-team programs. These kids are invited to test for placement on our several levels of team and pre-team based on several factors including readiness, skill attainment, interest, dedication and potential.

The results of testing will determine if a child is invited to participate in more challenging levels of gymnastics. The decision to test and the decision to accept an invitation to participate in team or pre-team is a decision you and

your child should make together. In addition to this testing a gymnast participating in our recreational program may be invited to join one of our Pre Teams or teams mid year.

### **What Do Coaches Look For When Inviting Kids To Team?**

When considering a child for a team program, coaches look for the following traits:

- **Physical Strength** - Can the child easily perform strength exercises such as pull-ups, leg lifts, sprinting, push-ups, sit-ups, and hollow body holds?
- **Flexibility** - Is the child's body flexible enough to handle some of the requirements of gymnastics? Can his/her flexibility be improved over time?
- **Basic Skills** - How are the child's gymnastics fundamentals? Has the child spent enough time in a class or pre-team program to master the basics? Can the child perform the basics properly? Does the child know proper gymnastics terminology?
- **Motivation** - Does the child want to learn and succeed, or is she content right where she is?
- **Coachability** - Does the child listen to corrections and try to apply them? Is the child willing to take a few steps back to fix old skills before learning new skills?
- **Mental Toughness** - How sensitive is the child? Does he or she respond well to criticism? Would the child be able to perform in front of a judge and receive a performance-based score with no more than a *healthy* amount of anxiety?
- **Sportsmanship** - Would this child fit in with existing team members? Would he or she encourage the other athletes? Would this child accept both success and defeat respectfully and graciously?

### **Do Team Gymnasts Receive Better Training?**

No. Team gymnasts do not receive better training than class gymnasts, but the majority of the time, they do receive MORE training. Most team gymnasts are required to train a minimum of 4 hours a week, while class students often only come 1 or 2 hours a week. The extra training time allows team coaches to focus on extra conditioning and the smallest of details in every gymnastics skill.

### **What Is Required of Team Gymnasts?**

- **Commitment** - Gymnastics is a sport that requires a team member's presence for every minute of scheduled training time. Team members are expected to attend all practices, competitions, fundraisers, and other team events. Team members are expected to arrive on time and prepared to train (hair up, gymnastics attire on, water bottle in hand, etc.). While being on a gymnastics team is fun, it is not a social hour and is not something you show up for when you have nothing else to do... If a child is not willing to commit to the requirements of their team, it is best to consider other options, such as the class program, camps, or private lessons.
- **Proper Health & Nutrition** - An athlete cannot train or perform to the best of their abilities without proper nutrition. All team athletes are expected to eat a well-balanced diet and stay hydrated in order to keep their bodies in the best physical shape possible.
- **Attitude** - Team gymnasts are expected to have a good attitude towards themselves, their teammates and their coaches. They need to accept criticism in order to improve, and they need to encourage their teammates to be the best they can be.
- **Family Commitment** - Gymnastics requires a strong family commitment, in the form of transportation, financial assistance, nutritional advice, fundraising, support at competitions/performances, and mental support throughout training. Busy families are encouraged to share contact info to arrange carpools, child-care, etc. to ensure their gymnast is able to be where he or she needs to be at the right time.
- **Finances** - It's the part no one wants to think about, but we want to be honest with you. Being on a gymnastics team can be expensive. On top of monthly tuition, you need to consider the price of uniforms, choreographers, competition entry fees, coaches' fees, and travel fees.
- **Fundraising** - We will arrange fundraising events to help ease the financial burden of being on a team. These events may take the form of hosting a meet, selling candy bars, canning outside a store, holding a raffle, etc.