

BYRD'S COMPETITIVE GYMNASTICS TEAM 2016-17

HOT SHOTS



The Hot Shots program is a year round program with enrollment by invitation only. Selected gymnasts exhibit above average strength and flexibility, the ability to focus, a positive attitude and an exceptional work ethic.

Hot Shot level placement is by age and skill level. The focus is on skill development, form and technique, and the introduction of learning structured routines. This program will give your gymnast the opportunity to further develop skills on all apparatus (vault, bars, beam and floor) and allow her to experience working as part of a team in a fun and supportive environment.

There are three Hot Shot levels:

Hot Shots A	work out 1.5 hour per week
Hot Shots B	work out 1.5 hours per week
Hot Shots C	work out 4 hours per week

Competition:

There will be two “in-house” competitions per season for the Hot Shots program. The first one is in January and the second is in March. “In-house” competitions are hosted at Byrd’s and provide a very low pressure and exciting introduction to competition. Hot Shots gymnasts will compete against each other based on age groups and skill levels. All competitors will perform similar routines or skills on each apparatus. They will be judged by qualified and professional judges and awarded ribbons, medals or a trophy for their performance

Commitment:

Becoming a member of a competitive gymnastics team requires a strong commitment of both the gymnast and the parent. It is important that the gymnast participate in every practice and maintain a year-round commitment to the sport in order to be successful. Competitive gymnastics is a highly rewarding sport that develops and enhances discipline, responsibility, goal setting, time-management skills, self-esteem and confidence. The physical and mental benefits will be carried with your child throughout their life.

Gymnastics team members must purchase a team leotard.

Practice leotards are worn on designated practice days.

Team leotards are not to be worn for practice.

Expenses:

Gymnasts will participate in two in-house meets. There is an annual coaching fee for all competitive gymnasts. This fee covers the costs associated with our competitive programs including safety certifications, professional memberships, background checks and higher training.

The following are included in your monthly fee:

- Tuition
- Practice Leotard
- Coaching Fee
- Meet Entry Fees

The following is NOT included in your monthly fee and is charged separately:

- Team leotard approx. \$75 + tax

Monthly fees must be current in order for your child to be entered in competitions.

Those who fall behind in tuition payments run the risk of their gymnast NOT being entered in a meet. We are not obligated to contact you about your past due account. We reserve the right to omit any gymnast's entry because of a past due account, regardless if the meet fee is paid.

All team fees are non-refundable.