

## BYRD'S COMPETITIVE GYMNASTICS TEAM 2017-18

### **LEVEL 2 Silver & Gold** **KANSAS CITY LEAGUE**



Byrd's Level 2 Competitive Gymnastics Teams are a selected group of gymnasts that compete at local competitions hosted by gyms participating in the Kansas City League. The Kansas City League is comprised of and governed by Kansas City area gyms and other gyms from the surrounding region. The League was founded in an effort to provide more affordable competition to a wider range of gymnasts within a less intense competitive environment.

#### **Practice:**

Level 2 competitive gymnasts are required to work out for a minimum of 2 days per week for a total of 5 hours. These teams focus on skill development, form, technique and the introduction to USA Gymnastics routines. Gymnasts are provided the opportunity to develop more advanced skills in a fun and supportive team environment. In addition to stretching and conditioning, the competitive team work-out structure includes all gymnastics apparatus: Vault, Uneven Bars, Balance Beam, and Floor. Gymnasts learn a routine of skills on each apparatus and will perform these routines at local competitions.

#### **Kansas City League Practice Schedule:**

Level 2 Silver                      Tuesday & Thursday 5:30-8:00

Level 2 Gold                        Monday & Wednesday 5:15-7:45

#### **Competition:**

All competitions for the Level 2 teams will be within the greater Kansas City area and are hosted by various local gymnastics clubs. The competitions are not sanctioned by USA Gymnastics although they closely follow the USAG requirements for competition routines. The competitions are low-pressure and exciting and are a wonderful entry to competitive gymnastics. Gymnasts compete in their own age group with all group participants executing the same routine or skill. Gymnasts are judged by professional and qualified judges on different elements for each event and are awarded ribbons, medals or trophies for their placement.

#### **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.

Level 2 gymnastics team members must purchase a team leotard and a warm-up.

**Practice leotards are worn on designated practice days.**

**Team leotards are not to be worn for practice.**

**Expenses:**

Level 2 gymnasts participate in four Kansas City League meets, three in-house meets and one League Championship. 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

**Monthly Fee:**

Level 2 - \$187

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

- Team leotard                      approx. \$75 + tax
- Team warm-ups                      approx. \$150 + tax

Monthly fees must be current in order for your child to be entered in competitions. Competition entries are sent off 90 to 120 days in advance of the event.

Those with past due accounts 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. **Team fees are non-refundable.**