

Team Tryouts

Saturday, May 19th

4:30pm-6:30pm

We have two types of teams here at Head Over Heels: the Junior Olympic (JO) team and the Xcel team.

The JO program consists of compulsory (levels 3-5) who train from 10-12 hours per week and the optional team (levels 6-10) train from 15-20 hours per week. This team requires a strong family commitment and the gymnasts have from 6-10 competitions per year.

The Xcel program is designed to attract and retain a diverse group of athletes who want to compete but want an alternative to the traditional Junior Olympic level system (1-10). There are five levels of Xcel: Bronze, Silver, Gold, Platinum, and Diamond. Our Xcel teams work out two to three times a week for a total of 4-8 hours per week. Athletes in this program participate in about 6 gymnastics competitions throughout the state and have the opportunity to advance to the state and regional championships held at the end of the season.

Who can try out? Any student who is currently enrolled in a Level 4/5 or Advanced class is eligible to come to tryouts. If your child is in a class other than these, they may be personally invited by their coach to try out.

Must pre-register by Saturday, May 12th

781-659-3378

