

## Team Tryouts

Saturday, May 18<sup>th</sup> 5:00pm-7:00pm

We have two types of team Programs here at Head Over Heels: the Junior Olympic (JO) team and the Xcel team. We pride ourselves in having a team program for all ages and abilities each with different levels of commitment. All of our students receive the same quality training we are known for from our very knowledgeable and experienced staff.

**The Junior Olympic program** consists of compulsory (levels 3-5) who train 10-12 hours per week and the optional team (levels 6-10) who train 15-20 hours per week. These gymnasts have between 6-10 competitions per year and have the opportunity to advance to the State, Regional and National championships held at the end of the season. This is a year-round commitment.

**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 with reduced hours of training. There are five levels of Xcel: Bronze, Silver, Gold, Platinum, and Diamond. Our Xcel teams workout two to three times a week for a total of 4-8 hours per week. Athletes in this program have 6-8 competitions per year and have the opportunity to advance to the state and regional championships held at the end of the season. This is a 10 month commitment with summer workouts available if interested.

**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. Please feel free to speak to your child's instructor with any questions you may have.

Gymnasts not currently enrolled at HOH are welcome too! Please call us so we can get the information necessary to determine if this tryout is appropriate for your daughter.

**\*Please pre-register by Saturday, May 12<sup>th</sup>\* 781-659-3378**