

FAQ's Regarding Gymnastics Tryouts

WHAT SHOULD MY CHILD WEAR?

Please have her wear a gym suit or shorts and a tank top. Please have her hair tied up neatly. She should have bare feet.

WHAT TIME SHOULD WE ARRIVE TO TRYOUTS?

Please arrive 15 minutes early so you can fill out some contact information.

WHAT WILL SHE DO AT TRYOUTS?

We are looking for girls who demonstrate flexibility, strength, cooperation, coordination, and a willingness to learn gymnastics. We try to create a fun environment for tryouts where girls can feel encouraged to show how much they love gymnastics.

HOW WILL WE KNOW IF OUR DAUGHTER HAS BEEN ACCEPTED INTO THE COMPETITIVE PROGRAM?

You will be contacted by email / phone call to explain the program we have selected for your daughter.

HOW LONG DO THE TRYOUTS RUN?

We offer two different dates each year to ensure we can accommodate the high number of girls who attend. We try to have the tryouts completed in 1.5 hours. Please be prepared to have your child stay the full tryout time. Parents are asked to remain in the building during the tryout so the directors of the program can explain the process, selection criteria, and programming. There is a lot of information to share with new families.

IF MY DAUGHTER IS SELECTED, WHEN WILL SHE BEGIN TO TRAIN?

After selection, we offer 4 weeks of introductory classes the last week of May and the first 3 weeks of June. These classes are optional and are available to all new athletes who are being offered a competitive position in BGC programs. These classes run at a small cost. Registration packages for your daughter's group will be handed out in May/June to new families and are collected after they are filled in. Competitive athletes begin training in August and the season ends the following June.