

# BYRD'S COMPETITIVE GYMNASTICS TEAM 2019-20

## HOT SHOTS PREMIER AND PRIME



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.

### **Hot Shots Practice Schedule:**

Hot Shots Premier     Tuesday & Thursday 6:00-7:00

Hot Shots Prime        Tuesday & Thursday 5:30-7:30

### **Competition:**

There will be three “in-house” competitions per season for the Hot Shots program. “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.

**Expenses:**

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 for weekly practices
- Practice Leotard to be worn on designated practice days
- Meet Entry Fees for 3 in-house meets
- Coaching Fee

**Monthly Fee:**

Hot Shots Premier - \$120

Hot Shots Prime - \$156

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

- Team leotard                      approx. \$75 plus tax

**Gymnastics team members must purchase a team leotard**

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

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

Those with a past due account 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.**