

GYMNASTICS UNLIMITED, INC.

TEAM TRYOUTS

Strength | Flexibility | Fun

Competitive team at Gymnastics Unlimited offers more than just great gymnastics and the competitive experience. We strive to teach and develop with each athlete: self-esteem, self-motivation, self-discipline, dedication, determination, work ethic, time management, team work, team spirit, leadership, sportsmanship, respect for danger, respect for others, problem solving skills, poise, and grace. A learning attitude helps our athletes see learning and challenge as purpose and fun, and it is here that they will train to master the skills that will take them where dreams come true, on the competition floor and in life.

-Coach Melissa, Women's Developmental Program Director & Team Coach

THE FACTS

Being a part of Gymnastics Unlimited, Inc. (GU) Team means:

- **attendance:** practices and competitions as scheduled (practices run year-round and competition season is September-May. Most meets are in WA, we do 1-2 out of state meets a year and have traveled to Oregon, Idaho, Montana, California, Arizona, and Hawaii)
- **attitude:** willing to learn, grow, and push through challenges individually and with the team, respectful, prepared
- **communication:** with team coaches and WGB
- **level mobility:** determined by team director
- **membership: Washington Gymnastics Boosters (W.G.B)** (parent-run booster club that works alongside GU to manage costs of competition & fundraising opportunities to offset those costs)
- **financial obligations:**
 1. monthly tuition is paid to **GU** to cover the cost of coaching, facility and equipment use (cost varies by weekly practice hours)
 2. \$300 deposit due in June and then monthly payments for the competition season (September-May) is paid to **WGB** to cover the cost of competition fees (cost is dependent on number of committed athletes)
 3. apparel kit must be purchased (includes: team practice leotard, team sweatshirt, team competition leotard, competition warm up jacket & pants, & competition back pack)
- **USA Gymnastics (USAG):** annual membership required to compete

THE DETAILS

- Saturday, April 24th
- 3 pm
- Ages 6 & up
(as of August 1, 2021)
- Free
- Sign up in our online portal under "Events"