



WELCOME

Welcome to Competitive Edge Gymnastics and our competitive team program. We look forward to working with your daughter/son as they pursue their dream of becoming a competitive gymnast.

Gymnastics is a difficult sport, but it is a very exciting and satisfying one. Your daughter/son will acquire, develop and hone many characteristics including confidence, poise, mental and physical discipline, an appreciation of hard work and self-respect. In addition, gymnastics is one of the best sports to develop their physical attributes including strength, flexibility, agility, power, coordination, grace and overall body and muscular control.

We hope your daughter's/son's involvement in gymnastics with Competitive Edge will be a long and rewarding one. And above all, we hope it will be fun.

TEAM PHILOSOPHY

We believe that a competitive team program will allow a gymnast to best fully develop their physical abilities and their proficiency in gymnastics. In addition, they can learn the value of hard work, how to organize their time, the importance of setting goals, how to deal with frustration, success and failure. These are skills that can/will help them in school, their careers, and life in general. The physical skills (strength, flexibility, agility) learned in gymnastics will "carryover" to any sport your daughter may later choose to pursue.

Competition, in itself, is neither good nor bad; it is only appropriate or inappropriate. Competition is not for everybody. Some thrive in a competitive environment, others do not. Some are ready at their present age or level of maturity; others will need more time or may never prosper in a competitive environment.

INVITATIONS TO TEAM

Team is by invitation only. Unlike our recreational class program where gymnasts may sign up at any time, space and ability concerns limit the number of girls/boys who can be on team.

Gymnasts get onto the team programs by several avenues:

- Already on a team program elsewhere; they are screened and evaluated during one of our team workouts and are placed accordingly.
- Girls/Boys are “spotted” in our class program who are ready for team and are extended an invitation to workout with the team.
- Open team tryouts, where interested girls/boys are tested for physical strength, flexibility and their skill repertoire.

All invitations to team should be viewed as a temporary position until a probationary period has passed (approx. 1-2 months). This will allow the coaching staff a longer time to fully evaluate the gymnast, as to how they cope with training (team) versus working out (recreational class program), their mental approach, how they handle stress, fear, etc.

Team is considered to be a year round commitment and summer camp is a requirement.

DESCRIPTION OF COMPETITIVE EDGE TEAMS

Competitive Edge offers girls competitive team program. They are broadly divided into:

- Pre-Competitive Team
- Competitive Team

Briefly, the girls/boys teams (and the type of routine competition) include:

	Non-Competitive	Competitive
- Training Team	X	
- Level 4 (Compulsory Only)		X
- Level 5 (Compulsory Only)		X
- Level 6 (Compulsory Only)		X
- Level 7 (Modified Optional)		X
- Level 8 (Optional Only)		X
- Level 9 (Optional Only)		X
- Level 10(Optional Only)		X

Age guidelines for these teams are:

Training Team: No Age Limit

Level 4: 6 yrs and up

Level 5: 7 yrs and up

*Level than age considerations.