

# ACRO COMPETITIVE TEAM



# TRYOUTS INFO



## Helping Families Understand the Journey from Rec → Pre-Team → Team

Acrobatic Gymnastics is a partnered sport, which means our team is built thoughtfully and intentionally. Below is a clear overview of how athletes typically progress into our competitive Acro Team, and what families should expect along the way.

### Recreational Classes

- Most athletes begin in our recreational program, where they:
- Build strength, flexibility, coordination, and confidence
  - Learn basic gymnastics and movement fundamentals
  - Discover an interest in Acrobatic Gymnastics
- ➡ From Recreational → Pre-Team (by coach invitation)

# OR

### Athletes with Prior Experience

- Athletes who come from dance, artistic gymnastics, or another acrobatic gym usually do not need to move through our recreational level classes. However, Acrobatic Gymnastics is unique. Even highly trained dancers or gymnasts must understand:
- Partnering concepts
  - Acro-specific balance and dynamic skills
  - Communication and trust in group work
- 👉 We strongly recommend these athletes join Pre-Team for at least 1–2 months before tryouts to learn Acro fundamentals and integrate safely into the program.

**Pre-Team is the PRIMARY pathway into Team**

Pre-Team is designed for athletes who are curious about Acrobatic Gymnastics and want a more focused, structured environment. In Pre-Team, athletes:

- Learn foundational Acro skills, partner work, and routines
- Participate in performances throughout the year
- Develop tumbling, dance, strength, and flexibility
- Practice teamwork, communication, and coachability
- Prepare for the possibility of Team Tryouts in the future

## ✔ Team Tryouts & The Season - What Families Need to Know ✔

- Tryouts Are by Invitation Only
- Tryouts Are NOT One Day
  - This is very important to understand.
  - Team Tryouts last approximately 4–6 weeks
  - Athletes are evaluated over time in different partnerships
  - Coaches assess skills, adaptability, teamwork, attitude, and commitment
  - This allows us to create safe, successful partnerships, and place athletes in the best possible environment for long-term success
- Athletes must participate in at least 75% of tryout practices
  - Missing some practices is okay. Communication about vacation plans is required in advance
  - Missing most practices and expecting placement is not
- Team Spots Are Limited. Not every athlete who tries out is guaranteed a spot
- Partnered Sport Commitment
  - Team Packet provided
  - Participation agreement required
  - Full-season commitment to practices & competitions
  - Not a drop-in or short-term program