

# 2009-2010 Competition Schedule



**October 3rd: WARM-UP:**  
**3:00** (7-10 year olds)  
**5:30** (11 and up)

**October 17th: WARM-UP:**  
**3:00** (7-10 year olds)  
**5:30** (11 and up)

***All Star Meet***

**November 7th: WARM-UP**  
**3:00** (7-10 year olds)  
**5:30** (11 and up)

**April 3rd: WARM-UP:**  
**3:00** (7-10 year olds)  
**5:30** (11 and up)

**April 17th: WARM-UP:**  
**3:00** (7-10 year olds)  
**5:30** (11 and up)

***All Star Meet***

**May 15th: WARM-UP**  
**3:00** (7-10 year olds)  
**5:30** (11 and up)

\*All Star Meets may only have one session starting at 3:00 for both age groups.



**SCATS Gymnastics**

5742 McFadden Avenue

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**SCATS**  
*Gymnastics*  
**GYM**  
**TEAM**

**Sincere**  
**Commitment**  
**Allows**  
**True**  
**Success**



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Huntington Beach, CA 92649

**(714) 895-2909**

[www.scatsgymnastics.com](http://www.scatsgymnastics.com)

# What is GYM Team?

GYM Team is a unique recreational form of a competitive program for girls, ages 7 years and older, who have intermediate gymnastic skills and are interested in the competitive aspect of gymnastics.

This program is based on gymnastics as a team sport. The top three individual scores are combined for a team score. No individual awards are given. Everyone who competes receives an award.

GYM Team is perfect for girls who have a strong competitive drive yet lack the skills or desire to be in the USAG team program.

The flexibility of the program allows the coach to focus on each girl's strengths and develop her talents on her favorite events.

The Gym Team program is divided into two different age divisions: 7-10 year olds and 11 and older.

## The Reasons

Competitive GYM team helps build self-esteem and confidence through:

- Great Fun
- Team Unity
- Sportsmanship
- Competition
- Awards

## The Requirements

Gym Teams have girls of varying ability levels. Evaluations are required prior to final team placement. The coach to athlete ratio is a maximum of 10:1. Girls must be able to work semi-independently and be able to remember routines.

## The Training

Each team will train twice a week for 2.5 hours. Like any sport, continuous attendance at workouts will result in better performance; therefore, students are encouraged to be at each practice. A phone call should be made to the coach for all absences!

## The Events

Vault, Bars, Beam, Floor, Tumble Track and Trampoline. Five girls per team will compete on each event, and each girl will compete on at least two events.



## The Season

There are three competition seasons throughout the year; fall, winter, and spring. Each season consists of two competitions. Competition schedules are made available to parents and athletes prior to each season.

## The Competitions

SCATS GYM Teams compete against the other in-house teams here at SCATS as well as the GYM Teams from Olympic Gymnastics Academy in Laguna Hills. The goal on competition day is to show your skills, have fun, and help your team achieve success. Team spirit is emphasized as well as sportsmanship.

## The Fees

~**Tuition:** \$24.50 per class (billed monthly)

~**Team leotard:** (required) \$30 + tax

~**Warm-ups:** (optional) \$82 + tax and shipping

~**Competition Fees:** \$20 per competition, billed the month before the competition

\*All fees are subject to change.

\*\*Info on warm-ups available at front desk.

## The Awards

Awards are given to all team participants who perform in the competitions. These awards are given in an awards ceremony and may be medals, trophies, etc. No individual awards given.