

International Gymnastics

Team Groups

Compulsory Team:

The compulsory team at International Gymnastics is made up of a large group of Level 5's and Level 6's. We have two Level 5 groups. Our Developmental Level 5's are brand new competitive team kids who are experiencing competitive gymnastics for the first time. Developmental Level 5 team tryouts are held each year in December. Our All Star Level 5 Team consists of Level 5 gymnasts with competitive experience. Both groups compete together throughout North Carolina each fall during our compulsory season. Our Level 6 Team consists of girls that have competed and mastered Level 5. Our compulsory team groups train anywhere from 10 – 16 hours each week.

Optional Team:

The optional team at International Gymnastics is comprised of a large number of competitive gymnasts from Level 7 – Level 10. This group of girls has shown advanced aptitude in strength, flexibility and skill level. Optional team members commit their lives to the sport of gymnastics and this team. They train 20 hours each week and travel all over the country each spring competing in competitions.