

# International Gymnastics

## Non-Competitive Team Groups

\*Young gymnasts are invited to the following groups through assessments done by our Competitive Team Staff.

### Mighty Mites:

Our Mighty Mites group is a small group of 4-6 year old gymnasts that have demonstrated some very early signs for potential success in the sport of gymnastics. Our focus for this group is to give them strong basic training in strength, flexibility and gymnastics skills. Mighty Mites practice one day a week for one hour.

### Jr Pre Team:

The Jr Pre Team group is made up of young gymnasts between the ages of 5 and 7 that have demonstrated natural talent and above average skill for their ages. These young gymnasts are introduced to a beginner level of intensive training that is ultimately required to be a competitive gymnast. Jr Pre Team gymnasts practice one or two days a week for an hour and a half.

### Hot Shots:

Hot Shots is comprised of young gymnasts that have shown strong aptitude in basic gymnastics requirements in strength, flexibility and skill level. The group ranges in age more than other groups including gymnasts from age 6-12. These girls are provided

more advanced training, but are not ready for our Pre Team group yet. They do have the opportunity to be considered for team. Hot Shots practice one or two days a week for two hours.

## Pre Team:

Pre Team is the preparatory group for our Competitive Team. These young gymnasts typically range in age from 6-10 years old. Pre Team gymnasts have not only mastered basic requirements in strength, flexibility and skills, but have also shown the commitment and work ethic that we are looking for in our competitive gymnasts. Our focus for this group is to prepare them for competitive team. Pre Team practice three days a week for two hours each day.