

## **Arlington Gymnastics 2020 Open Try-Outs**

The Arlington County Athletic & Facility Services Division of the Department of Parks & Recreation is offering a free, open try-out for the Arlington Aerials (Girls) and the Arlington Tigers (Boys) Competitive Gymnastics Teams.

### **WHEN:**

Below are the specific dates and times for each try-out level. **Arlington County residents will be given priority with the limited spots available.**

- Aerials Pre-team (Dynamites): Saturday, March 28 from 6:00 – 8:00pm (Girls); **Registration – 5:30pm**
- Aerials Level 3: Saturday, March 28 from 10:30am – 12:30pm (Girls); **Registration – 10:00am**
- Aerials Levels 4-10: Email [gymnastics@arlingtonva.us](mailto:gymnastics@arlingtonva.us) for an Evaluation (Girls)
- Aerials Xcel Silver & Gold: Saturday, May 2 from 6:00 – 8:00pm (Girls); **Registration – 5:30pm**
- Aerials Xcel Platinum & Diamond: Email [gymnastics@arlingtonva.us](mailto:gymnastics@arlingtonva.us) for an Evaluation (Girls)
- Tigers Pre-team (Cubs), Level 4 & Xcel: Saturday, April 25 from 6:00 – 8:00pm (Boys); **Registration – 5:30pm**
- Tigers Levels 5-10: Email [gymnastics@arlingtonva.us](mailto:gymnastics@arlingtonva.us) for an Evaluation (Boys)

**WHERE:** The try-outs will take place at Barcroft Sports & Fitness Center, 4200 South Four Mile Run Drive, Arlington, VA 22206 in the gymnastics room.

### **SKILL EVALUATORS:**

- **Aerials Pre-team:** Donnise Bragg
- **Aerials Level 3:** Donnise Bragg
- **Aerials Level 4:** Rebecca Hantman
- **Aerials Level 5 & Above:** Melissa Kemmerer
- **Xcel All Levels (Silver, Gold, Platinum & Diamond):** Vanessa Blaney
- **Tigers All Levels:** Sonja Hird Clark

### **SKILL & AGE REQUIREMENTS:**

#### **Aerials Pre-team: Dynamites Group**

Dynamites gymnasts are encouraged to take a recreational spring gymnastics class. Registration for gymnastics for Arlington Residents begins on Wednesday, March 11 at 7am online. Non-resident registration begins on Wednesday, March 25 at 8am online.

#### **Minimum Skill Requirements:** Girls Advanced Recreational Class

##### **Target Ages:** 5-9

- Vault: Run, Hurdle, Jump onto Resi Mat
- Bars: Pullover on Low Bar & Back Hip Circle
- Beam: Donkey Kick on Low Beam
- Floor: Back Bend & Bridge Kick-over
- Strong & Flexible
- Good Listening Skills, Able to Make Corrections & Hard-Working

#### **Aerials Level 3**

After the try-out process is complete, gymnasts who are offered a spot, will be required to attend a Spring Session trial class on Saturdays from 3:30-5:30pm, beginning May 2 through June 20 (no class Saturday, May 23 for Memorial Day Weekend). There will be further evaluation during this time before a final decision is made by June 21. The fee for the spring trial class will be \$168 (Res) & \$188 (Non-Res). Gymnasts are encouraged to register for recreational spring classes. Adjustments will be made on spring class selections as needed for those attending the Saturday trial class. Registration for gymnastics for Arlington Residents begins on Wednesday, March 11 at 7am online. Non-resident registration begins on Wednesday, March 25 at 8am online.

**Minimum Skill Requirements:** Girls 3+ Recreational Class

**Ages:** 6 & Up

- Vault: Handstand Flatback on Resi Mat
- Bars: Shoot Through & Mill Circle
- Beam: Vertical Handstand
- Floor: Round-off & Back Limber
- Strong & Flexible
- Good Listening Skills, Able to Make Corrections & Hard-Working

**Aerials Xcel Silver**

**Minimum Skill Requirements:** Girls 3+ Recreational Class

**Ages:** 8 & Up

- Vault: Handstand Flatback on Resi Mat
- Bars: Pullover on Low Bar & Back Hip Circle
- Beam: 3/4 Handstand; Cartwheel on Low Beam
- Floor: Round-off & Back Limber; Back Handspring down Cheese Mat
- Strong & Flexible
- Good Listening Skills, Able to Make Corrections & Hard-Working

**Aerials Xcel Gold**

**Minimum Skill Requirements:** Girls 3+ Recreational Class

**Ages:** 10 & Up

- Vault: Front Handspring over the Table
- Bars: Kip with Light Spot & Pull-up Pullover on High Bar
- Beam: Vertical Handstand; Cartwheel on Low Beam
- Floor: Round-off Back Handspring; Front Handspring & Working Front Tuck
- Strong & Flexible
- Good Listening Skills, Able to Make Corrections & Hard-Working

**Tigers Pre-team (Cubs), Level 4 & Xcel**

**Minimum Skill Requirements:** Boys Intermediate Recreational Class & Above

**Ages:** 5 & Up

- Floor: Cartwheel
- Pommel Horse: Training Circle on Mushroom
- Vault: Run, Hurdle, Stretch Jump off Springboard
- High Bar: Light Spot Pull-up Pullover on High Bar
- Strong & Flexible
- Good Listening Skills, Able to Make Corrections & Hard-Working

**To participate in the open try-out, please respond to this survey:**

<https://survey.zohopublic.com/zs/kOCsly>

If you are unsure of which try-out session to attend, please speak with your instructor or contact:

[gymnastics@arlingtonva.us](mailto:gymnastics@arlingtonva.us)

If a gymnast is not currently participating in Arlington Gymnastics but would like to try out, please include your gymnast's experience in the survey. Arlington County can provide reasonable modifications for people with disabilities upon request by calling 703-228-0706.

On the try-out date, please be on time and be ready for gymnastics. Appropriate attire is t-shirt and shorts or leotard/unitard, long hair pulled back, no jewelry, and bare feet. Parents will need to sign a hold harmless form before gymnasts can participate. Evaluators will take a photo of your gymnast before the try-out to aid in the evaluation process. Please agree to the Photo Release in the Zoho Survey. The photos will be taken on an Arlington County iPad and will be permanently deleted within two weeks of try-outs. Parents are required to stay at the Barcroft facility during the try-out period.

**Placement results** will be sent to parents through email. Result dates are as follows:

**Aerials Pre-team (Dynamites):** Saturday, April 18

**Aerials Level 3:** Saturday, April 11

**Aerials Level 4-10:** Within One Week of Evaluation

**Aerials Xcel Silver & Gold:** Saturday, May 16

**Aerials Xcel Platinum & Diamond:** Within One Week of Evaluation

**Tigers Pre-team (Cubs), Level 4 & Xcel:** Saturday, May 9

**Tigers Levels 4-10:** Within One Week of Evaluation

Being part of the Arlington Aerials and Arlington Tigers gymnastics teams requires a high level of commitment. Gymnasts must maintain an 80% attendance record and attend all competitions. [The Summer 2020 practice schedule can be found here.](#)

**Important Dates to Remember:**

Sunday, 7/5 – Summer Practice Schedule Starts

Saturday, 8/29 – Summer Practice Schedule Ends

Sunday, 8/30 – Fall Practice Schedule Starts

For reference, [the 2019-2020 practice fees can be found here.](#) Additional team fees include uniform costs and competition fees. **The 2020-2021 school year practice schedules, fees, and competition schedules are TBD.**

The links below illustrate the 2019-2020 school year practice schedule and 2019-2020 meet schedules/fees.

[Aerials 2019-2020 School Year Practice Schedule](#)

[Aerials 2019-2020 Competition Schedule](#)

[Tigers 2019-2020 School Year Practice Schedule](#)

[Tigers 2019-2020 Competition Schedule](#)

Arlington County does not want fees to be a barrier for those who participate in County classes, camps, or programs. Call 703-228-4747, option 1 to learn how to qualify for reduced fees or on the web:

<http://parks.arlingtonva.us/fee-reduction-policy-overview/>

Please let us know if you have any questions. Thanks!

**MAIJA PAEGLE**

Gymnastics Program Assistant Director

Athletic and Facility Services Division

Arlington County Department of Parks and Recreation

Barcroft Sports & Fitness Center

4200 South Four Mile Run Drive

Arlington, VA 22206

[703-228-0706](tel:703-228-0706) (O)

[mpaegle@arlingtonva.us](mailto:mpaegle@arlingtonva.us)

[gymnastics@arlingtonva.us](mailto:gymnastics@arlingtonva.us)

**ARLINGTON GYMNASTICS TEAM SUMMER SCHEDULE 2020**

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>	<u>Hours Per Week</u>
Aerials Levels 8-9	12:30pm-4:30pm	12:30pm-4:30pm	12:30pm-4:30pm	12:30pm-4:30pm	12:30pm-4:30pm	—	—	20
Aerials Level 7	10:30am-2:30pm	10:30am-2:30pm	10:30am-2:30pm	10:30am-2:30pm	10:30am-2:30pm	—	—	20
Aerials Level 6	10:30am-2:30pm	10:30am-2:30pm	—	10:30am-2:30pm	10:30am-2:30pm	—	—	16
Aerials Level 5	11:30am-3:30pm	11:30am-3:30pm	11:30am-3:30pm	11:30am-3:30pm	—	—	—	12
Aerials Level 4	TBD 4-8pm/ 4:30-8:30pm	TBD 4-8pm/ 4:30-8:30pm	—	TBD 4-8pm/ 4:30-8:30pm	—	—	—	12
Aerials Level 3	4:30pm-7:30pm	4:30pm-7:30pm	4:30pm-7:30pm	4:30pm-7:30pm	—	—	—	12
Aerials Dynamites	2:00pm-4:00pm	2:00pm-4:00pm	2:00pm-4:00pm	2:00pm-4:00pm	—	—	—	8
Aerials Xcel Diamond	7:00pm-9:00pm	—	6:00pm-9:00pm	—	5:00pm-8:30pm	12:30pm-4:30pm	—	12.5
Aerials Xcel Platinum	—	—	6:00pm-9:00pm	—	5:00pm-8:30pm	1:00pm-3:30pm	—	9
Aerials Xcel Gold	—	6:30pm-9:00pm	—	6:30pm-9:00pm	—	9:00am-12:00pm	—	8
Aerials Xcel Silver	—	4:00pm-6:00pm	—	—	4:00pm-6:00pm	—	—	4
Tigers Levels 6+	12:30pm-4:30pm	12:30pm-4:30pm	12:30pm-4:30pm	12:30pm-4:30pm	—	—	—	16
Tigers Levels 5	3:00pm-7:00pm	3:00pm-7:00pm	—	3:00pm-7:00pm	—	—	—	12
Tigers Levels 4	10:30am-1:30pm	—	10:30am-1:30pm	10:30am-1:30pm	—	—	—	9
Tigers Xcel Gold	—	—	4:00pm-7:00pm	—	—	9:00am-12:00pm	—	6
Tigers Xcel Silver	—	—	4:00pm-7:00pm	—	—	—	12:00pm-3:00pm	6
Tigers Cubs	—	5:00pm-7:00pm	—	—	5:00pm-7:00pm	—	—	6

## ARLINGTON GYMNASTICS TEAM FEES FOR 2019-2020

	<u>Total Annual Hours</u>	<u>Resident Monthly Tuition</u>	<u>Non-Resident Monthly Tuition</u>
Tigers: Cubs	312	\$149.00	\$169.00
Tigers: Xcel (Gold & Silver)	312	\$149.00	\$169.00
Tigers: Level 4	468	\$222.00	\$242.00
Tigers: Level 5	624	\$297.00	\$317.00
Tigers: Level 6+	832	\$376.00	\$396.00
Aerials: Stars	208	\$110.00	\$130.00
Aerials: Dynamites	312	\$164.00	\$184.00
Aerials: Xcel Silver	208	\$110.00	\$130.00
Aerials: Xcel Gold	416	\$219.00	\$239.00
Aerials: Xcel Platinum	468	\$242.00	\$262.00
Aerials: Xcel Diamond	650	\$340.00	\$360.00
Aerials: Level 3	498	\$261.00	\$281.00
Aerials: Level 4	624	\$328.00	\$348.00
Aerials: Level 5	748	\$348.00	\$368.00
Aerials: Level 6 & 7	832	\$376.00	\$396.00
Aerials: Level 8 & 9	956	\$427.00	\$447.00

**ARLINGTON AERIALS GYMNASTICS TEAM SCHOOL YEAR SCHEDULE 2019-2020**

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>	<u>Hours Per Week</u>
<b>Aerials Levels 8-9</b>	4:00pm-8:00pm	4:00pm-8:00pm	—	4:00pm-8:00pm	4:00pm-6:00pm	10:00am-2:00pm	—	18
<b>Aerials Levels 6-7</b>	4:00pm-8:00pm	4:00pm-8:00pm	—	4:00pm-8:00pm	—	8:15am-12:15pm	—	16
<b>Aerials Level 5</b>	4:00pm-8:00pm	—	4:00pm-8:00pm	—	4:00pm-8:00pm	—	—	12
<b>Aerials Level 4</b>	4:30pm-7:30pm	—	4:30pm-8:30pm	—	4:30pm-7:30pm	—	4:30pm-6:30pm	12
<b>Aerials Level 3</b>	—	4:30pm-7:30pm	—	4:30pm-7:30pm	—	8:00am-11:00am	—	9
<b>Aerials Dynamites</b>	—	—	4:30pm-7:30pm	—	—	12:00pm-3:00pm	—	6
<b>Aerials Xcel Diamond</b>	—	6:00pm-9:00pm	—	6:00pm-9:00pm	6:00pm-8:30pm	—	12:30pm-4:30pm	12.5
<b>Aerials Xcel Platinum</b>	—	6:00pm-9:00pm	—	6:00pm-9:00pm	—	12:30pm-3:30pm	—	9
<b>Aerials Xcel Gold</b>	—	—	6:30pm-9:00pm	—	6:00pm-8:30pm	—	4:30pm-7:30pm	8
<b>Aerials Xcel Silver</b>	—	—	4:30pm-6:30pm	—	—	3:00pm-5:00pm	—	4

**ARLINGTON TIGERS GYMNASTICS TEAM SCHOOL YEAR SCHEDULE 2019-2020**

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>	<u>Hours Per Week</u>
<b>Tigers Levels 6+</b>	5:00pm-9:00pm	—	5:00pm-9:00pm	5:00pm-9:00pm	—	9:00am-1:00pm	—	16
<b>Tigers Levels 5</b>	4:30pm-8:30pm	4:30pm-8:30pm	—	4:30pm-8:30pm	—	—	—	12
<b>Tigers Levels 4</b>	4:30pm-7:30pm	4:30pm-7:30pm	—	4:30pm-7:30pm	—	—	—	9
<b>Tigers Xcel Gold</b>	—	—	5:30pm-8:30pm	—	—	1:00pm-4:00pm	—	6
<b>Tigers Xcel Silver</b>	—	—	5:30pm-8:30pm	—	—	—	12:00pm-3:00pm	6
<b>Tigers Cubs</b>	—	—	4:30pm-7:30pm	—	—	1:00pm-4:00pm	—	6

## ARLINGTON AERIALS MEET SCHEDULE 2019-2020

DATE	MEET	LOCATION	Host Club	DISTANCE (from gym)	COST	Xcel				Junior Olympic						
						XS	XG	XP	XD	3	4	5	6	7	8	9
Nov. 2	Mock Meet (in-house)	Arlington, VA	Arlington Aerials	0	N/A								x	x	x	x
Nov. 15-17	Tim Weaver Battlefield Invitational	York, PA	Hanover YMCA	2 hours	\$95					x		x	x	x	x	x
Dec. 13-15	Christmas on the Chesapeake	Baltimore, MD	Docksiders	1 hour	\$135								x	x		
Dec. 13-15	Winter Island Getaway	Chantilly, VA	Chantilly Academy	45 min	\$105 (comp-2019) \$115 (opt-20,21)		x	x	x	x		x				x
Jan. 10-12	Aerials Invitational	Arlington, VA	Arlington Aerials	0	\$100		x	x	x	x	x	x	x	x	x	x
Jan. 24-26	San Diego Classic	Poway, CA	Poway Gymnastics	airplane	TBD										Sr's	x
Jan. 31-Feb.2	LaFleur's Florida Classic	Tampa, FL	LaFleur's Gymnastics	airplane	\$115											x
Jan.31-Feb. 2	Make A Wish Invite	Stafford, VA	Stafford Royals	1 hour	\$115					x		x				
Feb. 1-2	Apollo Invitational	Woodbridge, VA	Apollo	45 min	\$100		x	x	x		x		x	x		
Feb. 15-17	East Coast Classic	Landover, MD	Fairland	30 min	\$115										x	x
Feb. 15-16	Excalibur Cup	Virginia Beach, VA	Excalibur	4 hours	\$105 (comp) \$110 (opt)						x			x	x	
Feb. 22-23	VHSL Gymnastics States															
Feb. 28-Mar. 1	Fantasy Invitational	Churchville, MD	ACPR Gymnastics	2 hours	\$ 90		x	x	x							
Mar. 7-8	Lights Camera Action	Leesburg, VA	Apex	1 hour	\$100					x	x	x	x	x	x	x
Mar. 21-22	Shenandoah Invitational	Winchester, VA	Shenandoah Tumblers	1.5 hours	\$100		x	x	x	x		x				
Mar. 20-22	Level 6/7 States	Hampton, VA	WISC	3.5 hours	TBD								x	x		
Mar. 27-29	Level 8/9/10 States	Hampton, VA	World Class	3.5 hours	TBD										x	x
Apr. 4-5	GMS Invitational	Manassas, VA	GMS	55 min	\$ 105						x					
Apr. 11-12	EASTER WEEKEND															
Apr. 16-19	Level 9/10 Regionals	Lewisburg, PA	Dynamats	TBD	TBD											x
Apr. 17-19	Twist RVA Invitational	Glen Allen, VA	Twist Gymnastics	2 hours	TBD						x	x	x			
Apr. 18-19	Apollo Xcel Invitational	Woodbridge, VA	Apollo	30 min	\$100		x	x	x							
Apr. 24-26	Level 8 Regionals	Huntington, WV	Bozhi Gym Nest	6.5 hours	TBD										x	
May 1-3	Level 4/5 States	Christiansburg, VA	VA Techniques	5 hours	TBD						x	x				
May 8-10	Level 3 States	Virginia Beach, VA	Excalibur	4 hours	TBD					x						
May 10-12	Level 9 Eastern Nationals	Battle Creek, MI	USA Gymnastics	airplane	TBD											x
May 15-17	Xcel States (XS,XG,XP,XD)	Hampton, VA	Gym Inc. & OT	3.5 hours	TBD		x	x	x							
June 6-7	Xcel Regional Invitational	TBD	TBD	TBD	TBD			Q	Q							
June 13	Aerials Rec Meet	Arlington, VA	Arlington Aerials	0	\$50	x										

## ARLINGTON TIGERS MEET SCHEDULE 2019 - 2020

DATE	MEET	HOST CLUB	VENUE	DISTANCE (from gym)	COST (2019-2020)	Team Fee (2019-2020)	4	5	6	7	8	JD1	XCEL	Cubs	Future Stars	Coaches Training
Sept. 7-8	Future Stars State Testing	Virginia State Gymnastics	Williamsburg, VA	163 miles	\$100	n/a									x	x
Oct. 5-6	JO Compulsory Workshop/State Meeting	Virginia State Gymnastics	Barcroft Sports & Fitness	0	\$75	TBD	x	x	x	x	x	x				x
Oct. 12-13	Future Stars Regional Testing	Region 7 Men's Gymnastics	Williamsburg, VA	163 miles	\$100	n/a									x	x
Oct. 26	Judges Training for Coaches	Metro Judges Association	Annapolis, MD	40 miles	\$25 approx	n/a										x
Nov. 14-17	Future Stars Nationals	USA Gymnastics	Olympic Training Center, CO	airplane	TBD	\$0									x	x
Nov. 16 - 17	Survivor Meet	Apollo Gymnastics	Apollo Gymnastics	25 miles	\$95	\$40	x	x	x	x	x	x	x			
Dec. 14-15	John Pancott Memorial Invitational	John Pancott Gymnastics Center	West Chester, PA	131 miles	\$100	\$65	x	x	x	x	x	x				
Jan. 17-19	Navy Gymnastics Challenge	Naval Academy	Annapolis, MD	40 miles	\$115	\$0	x	x	x	x	x	x				
Feb. 8 - 9	Unleash Your Beast	Aerials East	Mechanicsville, VA	100 miles	\$85	\$0	x	x	x	x	x	x				
Feb. 22-23	Mid-Atlantic Invitational	Preston Gymnastics	University of MD	18 miles	\$100 Compulsory \$97 Optional/Tech \$105	\$60	x	x	x	x	x	x	x			
March 13-15	State Championships - Level 5 and Up	Virginia State Gymnastics	Virginia Beach, VA	225	\$100	\$0		x	x	x	x	x				
29-Mar	Tune Up for States	Youth Sports	Woodbridge, VA	25 miles	TBD	TBD	x						x	x		
April 2-5	Regional Championships	Region 7 Men's Gymnastics	West Point, NY	280 miles	TBD	\$0		x	x	x	x	x				
April 18-19	State Championship Level 4 & XCEL	Virginia State Gymnastics	Mechanicsville, VA	100 miles	\$100	\$0	x						x	x		
April 25 -26	JD Nationals	Region 7 Men's Gymnastics	Harleysville, PA	153 miles	\$0	\$0						x				
May 5-10, 2020	JO National Championships 2020	USA Gymnastics	Daytona Beach, FL	airplane	TBD	\$0					x					
June 6	Tigers Recreational Meet	Arlington Tigers	Barcroft Sports & Fitness	0	\$50	TBD							x	x		