

Arlington Gymnastics 2019 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 Preteam: Saturday, March 9 from 5:30 – 8:30pm (Girls)
- Aerials Level 3: Saturday, March 23 from 5:30 – 8:30pm (Girls)
- Aerials Levels 4-10: Email gymnastics@arlingtonva.us for an Evaluation (Girls)
- Aerials Xcel Silver & Gold: Saturday, June 8 from 5:30 – 8:30pm (Girls)
- Aerials Xcel Platinum & Diamond: Email gymnastics@arlingtonva.us for an Evaluation (Girls)
- Tigers Preteam: Saturday, May 4 from 5:30pm – 8:30pm (Boys)
- Tigers Levels 4-10: Email 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 Preteam:** 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, Joey Barefield, Jesse Clay, Bryan Johnson & Caitlyn Pankey-Graves

SKILL & AGE REQUIREMENTS:

Aerials Preteam (Stars & Dynamites Groups)

After the try-out process is complete, gymnasts who are offered a spot on Dynamites, will be required to attend a spring session trial on Mondays from 5:30-7:00pm, April 29 through June 17 (no class Monday, 5/27). There will be further evaluation during this time before a final decision is made by June 19. The fee for the spring trial will be \$137 (Res) & \$157 (Non-Res). Stars gymnasts are encouraged to take a recreational spring gymnastics class.

Stars Group

Minimum Skill Requirements: Jr. Gymnast with Instructor Recommendation or Girls Intermediate Class

Target Ages: 4-6

- Vault: Powerful Run
- Bars: Pullover on Low Bar
- Beam: Confidence Walking on a Medium Beam
- Floor: Solid Handstand, Cartwheel & Backward Roll
- Strong & Flexible
- Good Listening Skills, Able to Make Corrections & Hard-Working

Dynamites Group

Minimum Skill Requirements: Girls Advanced Class

Target Ages: 5-8

- 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 trial on Saturdays from 4-6pm, May 4 through June 22 (no class Monday, 5/25). There will be further evaluation during this time before a final decision is made by June 23. The fee for the spring trial will be \$184 (Res) & \$204 (Non-Res).

Minimum Skill Requirements: Girls 3 Class & Above

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 3/4

Ages: 10 & 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 3/4

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 Preteam

Minimum Skill Requirements: Boys Intermediate Class & Above

Ages: 5 & Up

- Floor: Round-off
- Pommel Horse: Training Circle on Mushroom
- Vault: Run, Hurdle, Stretch Jump off Springboard
- High Bar: 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/kCBUVN>

If you are unsure of which try-out session to attend, please contact: 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, 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 Preteam: Monday, March 18

Aerials Level 3: Friday, April 5

Aerials Level 4-10: Within One Week of Evaluation

Aerials Xcel Silver & Gold: Saturday, June 15

Aerials Xcel Platinum & Diamond: Within One Week of Evaluation

Tigers Preteam: Monday, May 13

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 2019 practice schedule can be found here.](#)

For reference, [the 2018-2019 practice fees can be found here.](#) Additional team fees include uniform costs and competition fees. The 2019-2020 school year practice schedules, fees, and competition schedules are TBD.

The links below illustrate the 2018-2019 school year practice schedule and 2018-2019 meet schedules/fees.

[Aerials 2018-2019 School Year Practice Schedule](#)

[Aerials 2018-2019 Competition Schedule](#)

[Tigers 2018-2019 School Year Practice Schedule](#)

[Tigers 2018-2019 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

gymnastics@arlingtonva.us

ARLINGTON GYMNASTICS TEAM SUMMER 2019 SCHEDULE

-	<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 7-10	12:30 - 4:30	12:30 - 4:30	12:30 - 4:30	12:30 - 4:30	12:30 - 4:30	_____	_____	20
Aerials Levels 6	12:30 - 4:30	12:30 - 4:30	12:30 - 4:30	12:30 - 4:30	_____	_____	_____	16
Aerials Level 5	4:00 - 8:00	4:00 - 8:00	4:00 - 8:00	4:00 - 8:00	_____	_____	_____	16
Aerials Level 4	4:00 - 8:00	_____	4:00 - 8:00	4:00 - 8:00	_____	_____	_____	12
Aerials Level 3	1:00 - 4:00	1:00 - 4:00	1:00 - 4:00	1:00 - 4:00	_____	_____	_____	12
Aerials Dynamites	10:30 - 12:30	_____	10:30 - 12:30	_____	10:30 - 12:30	_____	_____	6
Aerials Stars	_____	10:30 - 12:30	_____	10:30 - 12:30	_____	_____	_____	4
Aerials Xcel Diamond	7:00 - 9:00	_____	6:00 - 9:00	_____	5:00 - 8:30	12:30 - 4:30	_____	12.5
Aerials Xcel Platinum	_____	_____	6:00 - 9:00	_____	5:30 - 8:30	1:00 - 4:00	_____	9
Aerials Xcel Gold	_____	6:30 - 9:00	_____	6:30 - 9:00	_____	9:00 - 12:00	_____	8
Aerials Xcel Silver	_____	4:00 - 6:00	_____	_____	4:00 - 6:00	_____	_____	4
Tigers Levels 6+	12:30 - 4:30	12:30 - 4:30	12:30 - 4:30	12:30 - 4:30	_____	_____	_____	16
Tigers Levels 5	4:00 - 7:00	4:00 - 7:00	_____	4:00 - 7:00	4:00 - 7:00	_____	_____	12
Tigers Levels 4	4:00 - 7:00	4:00 - 7:00	_____	4:00 - 7:00	_____	_____	_____	9
Tigers Xcel	_____	_____	4:00 - 7:00	_____	_____	9:30 - 12:30	_____	6
Tigers Cubs	4:30 - 6:30	_____	4:30 - 6:30	_____	_____	9:30 - 11:30	_____	6

ARLINGTON GYMNASTICS TEAM FEES FOR 2018-2019

	<u>Total Annual Hours</u>	<u>Resident Monthly Tuition</u>	<u>Non-Resident Monthly Tuition</u>
Tigers: Cubs Senior	300	\$142.00	\$162.00
Tigers: Xcel	300	\$142.00	\$162.00
Tigers: Level 4	447	\$212.00	\$232.00
Tigers: Level 5	600	\$283.00	\$303.00
Tigers: Level 6+	747	\$354.00	\$374.00
Aerials: Stars	200	\$105.00	\$120.00
Aerials: Dynamites	300	\$156.00	\$176.00
Aerials: Xcel Silver	200	\$105.00	\$120.00
Aerials: Xcel Gold	400	\$208.00	\$228.00
Aerials: Xcel Platinum	442.5	\$230.00	\$250.00
Aerials: Xcel Diamond	622	\$324.00	\$344.00
Aerials: Level 3 (Summer Group E)	477	\$249.00	\$269.00
Aerials: Level 4 (Summer Group D)	600	\$313.00	\$333.00
Aerials: Level 5 (Summer Group C)	636	\$332.00	\$352.00
Aerials: Level 6 (Summer Group B)	759	\$344.00	\$364.00
Aerials: Level 7 (Summer Group A)	795	\$360.00	\$380.00
Aerials: Level 8/9 (Summer Group A)	897.5	\$406.00	\$426.00

ARLINGTON AERIALS MEET SCHEDULE 2018-2019

DATE	MEET	LOCATION	Host Club	DISTANCE (from gym)	COST	Xcel			Junior Olympic									
						XG	XP	XD	3	4	5	6	7	8	9			
Nov. 17-18	Tim Weaver Battlefield Invitational	York, PA	Hanover YMCA	2.25 hours	\$ 95								x	x	x	x	x	x
Nov. 17-18	Commonwealth Cup	Fredericksburg, VA	Paragon	1 hour	\$ 115				x									
Dec. 7-9	Winter Island Getaway	Chantilly, VA	Chantilly Academy	45 min	\$ 105	x	x	x	x	x	x	x	x	x	x	x	x	x
Jan. 11-13	Aerials Invitational	Arlington, VA	Aerials	0	\$ 100	x	x	x	x	x	x	x	x	x	x	x	x	x
Jan. 26-27	Sun Coast Sports Invitational	Tampa, FL	Suncoast Gymnastics Academy	airplane	\$ 100												2nd yr	x
Feb. 1-3	Rock and Roll	Woodbridge, VA	Apollo	45 min	\$ 95					x			x					
Feb. 8-10	Bratley's Great Destinations Gymnastics Invitational	National Harbor, MD	N/A	30 min	aircomp \$110, Opt \$125	x	x	x	x				x					
Feb. 16-17	Magical Classic	Orlando, FL	Brown's	airplane	\$ 130												x	1st yr
Feb. 15-17	East Coast Classic	Landover, MD	Fairland	30 min	45 \$105, 65 \$115								x		x			
Feb. 22-24	Make A Wish Invite	Stafford, VA	Stafford Royals	1 hour	\$ 105									x				
Mar. 1-3	Lights Camera Action	Leesburg, VA	Apex	1 hour	\$ 100	x	x	x	x	x					x	x	x	x
Mar. 16-17	Shenandoah Invitational	Winchester, VA	Shenandoah Tumblers	1.5 hours	\$ 95					x			x					
Mar. 16-17	Level 8/9/10 States	Newport News, VA	World Class	4 hours	TBD													x x
Mar. 23-24	Level 6/7 States	Fredericksburg, VA	Stafford Royals	1 hour	TBD										x	x		
Mar. 30-31	Flower Power Invitational	Chantilly, VA	Chantilly Academy	55 min	\$ 125	x	x	x	x				x					
Apr. 6-7	Level 8 Regionals	Pottstown, PA	Berks East	TBD	TBD													x
Apr. 5-7	Spring Invitational	Manassas, VA	GMS	45 min	TBD								x					
Apr. 5-7	Apollo Xcel Invitational	Woodbridge, VA	Apollo	45 min	\$ 100	x	x	x										
Apr. 11-14	Level 9/10 Regionals	Virginia Beach, VA	Ocean Tumblers	TBD	TBD													x
Apr. 28-29	Level 4/5 States	Doswell, VA	Aerials East	5 hours	TBD								x	x				
May 5-6	Level 3 States	Virginia Beach, VA	Ocean Tumblers	4 hours	TBD								x					
May 10-12	Level 9 Eastern Nationals	Kissimmee, FL	Silver Spurs Arena	TBD	TBD													x
May 17-19	Level 10 JO Nationals	Indianapolis, IN	N/A	TBD	TBD													
May 18-20	Xcel States	Hampton, VA	Gymnastics Inc.	3 hours	TBD	x	x	x										
May 31-Jun 2	2019 Xcel Regional Invitational	Pottstown, PA	Cumberland Gymnastics	3.5 hours	TBD													

ARLINGTON TIGERS MEET SCHEDULE 2018 - 2019

DATE	MEET	HOST CLUB	VENUE	DISTANCE (from gym)	COST	Team Fee	4	5	6	7	XCEL	Cubs
Oct. 7	JO Compulsory Workshop	Virginia State Gymnastics	Gym Quest Gymnastics	107 miles	0	TBD	x	x	x	x		
Nov. 17 - 18	Survivor Meet	Apollo Gymnastics	Apollo Gymnastics	25 miles	\$95	\$30	x	x	x	x	x	
Dec. 8-9	Dave Brown Memorial Meet	Williamsburg Gymnastics	Williamsburg, VA	151 miles	Compulsory \$95 Optional \$105	\$50	x	x	x	x		
Jan. 4-6	Jerrell Steele	GymQuest Gymnastics	Richmond International Speedway	101 miles	Compulsory \$100 Optional/Tech \$110	TBD	x	x	x	x	x	
Jan. 19-20	Navy Gymnastics Challenge	Naval Academy	Annapolis, MD	40 miles	\$115	\$0	x					
Jan. 25-27	Sportsplex Team Classics	Sportsplex	Landover, MD	25 miles	TBD	TDB		x	x	x		
Feb. 9 - 10	Unleash Your Beast	Aerials East	Mechanicsville, VA	100 miles	\$85	\$0	x	x	x	x		
Feb. 23-24	Mid-Atlantic Invitational	Preston Gymnastics	University of MD	18 miles	TBD	TBD	x	x	x	x	x	
March 8-10	State Championships - Level 5 and Up	Virginia State Gymnastics	Richmond, VA	101 miles	TBD	\$0		x	x	x		
March 30-31	Tune-Up for States	Arlington Tigers	Arlington, Va	0	TBD	TBD	x				x	x
April 5-8	Regional Championships	Region 7 Men's Gymnastics	Landover, MD	25 miles	TBD	\$0		x	x	x		
April 13-14	State Championship Level 4, XCEL & Level 3	Virginia State Gymnastics	Williamsburg, VA	151 miles	TBD	\$0	x				x	x
April 27 -28	State Team Championships & JD Nationals	Region 7 Men's Gymnastics	West Point, NY	280 miles	\$0	\$0		x	x			
April 30 - May 5	JO National Championships	USA Gymnastics	Reno, NV	airplane	TBD	\$0						
June	Tigers Recreational Meet	Arlington Tigers	Barcroft Sports & Fitness	0	TBD	TBD					x	x

ARLINGTON GYMNASTICS TEAM SCHEDULE FOR 2018 - 2019 SEASON

	<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	4:30 - 8:00	4:00 - 8:00	—	4:00 - 8:00	4:00 - 6:00	9:00 - 1:00	—	17.5
Aerials Levels 6-7	4:30 - 8:00	4:00 - 8:00	—	4:30 - 8:00	—	9:00 - 1:00	—	15
Aerials Level 5	4:00 - 8:00	—	4:00 - 8:00	—	4:00 - 8:00	—	—	12
Aerials Level 4	4:00 - 8:00	—	4:00 - 8:00	—	4:00 - 8:00	—	—	12
Aerials Level 3	—	4:30 - 7:30	—	4:30 - 7:30	—	1:00 - 4:00	—	9
Aerials Dynamites	—	—	4:30 - 7:30	—	—	9:00 - 12:00	—	6
Aerials Xcel Diamond	—	6:00 - 9:00	—	6:00 - 9:00	6:00 - 8:30	—	12:30 - 4:30	12.5
Aerials Xcel Platinum	—	6:00 - 9:00	—	6:00 - 9:00	—	12:30 - 3:30	—	9
Aerials Xcel Gold	—	—	6:30 - 9:00	—	6:00 - 8:30	—	4:30 - 7:30	8
Aerials Xcel Silver	—	—	4:30 - 6:30	—	—	3:00 - 5:00	—	4
Tigers Levels 6 & Up	5:00 - 9:00	5:00 - 8:30	—	5:00 - 8:30	—	9:00 - 1:00	—	15
Tigers Levels 5	5:00 - 8:00	—	5:00 - 8:00	—	5:00 - 8:00	12:30 - 3:30	—	12
Tigers Levels 4	4:30 - 7:30	4:30 - 7:30	—	4:30 - 7:30	—	—	—	9
Tigers Xcel	—	—	6:00 - 9:00	—	—	4:00 - 7:00	—	6
Tigers Cubs	—	—	4:30 - 7:30	—	4:30 - 7:30	—	—	6

Team tuition is charged monthly according to group. ALL payments are made online.