



North Thurston ~ River Ridge ~ Timberline

The 2022-2023 gymnastics season is coming!

We will compete against other area high schools and have the opportunity to qualify for District Meets and perhaps even the State Meet at Sammamish HS in February. During the regular season we will compete together as one team (RRHS, THS, NTHS), but as gymnasts qualify for Districts or State later in the season, they will represent their own individual schools.

****Practices start Monday, November 14th, 2022****

If you are interested, please turn your paperwork into your school ASB office **before the first day of practice!** **You may not workout until all required paperwork is turned in!** The first day of practice will be held from 7:30pm to 9:30pm at **Black Hills Gymnastics Center** located at **7961 A 29th Avenue NE Lacey, WA 98516**. Assigned teams (JV or Varsity) will be announced after the first week of practice.

Practice Schedule:

Monday	7:30-9:30pm
Tuesday	7:30-9:30pm
Wednesday	7:30-9:30pm
Thursday	7:30-9:30pm
Friday	7:30-9:30pm

PLEASE NOTE: EVERYONE NEEDS TO COME TO ALL PRACTICES THE FIRST 3 WEEKS IN ORDER TO GET ENOUGH PRACTICE DAYS IN and ROUTINES CHOREOGRAPHED BEFORE THE FIRST MEET!!!!

After the first 3 weeks, Varsity will practice 4 times/week and JV will practice 3 times/week. We will let you know your assigned days later.

****Gymnasts must have a mandatory of 15 practices completed before they are eligible to compete. The first meet is December 16th, right before winter break.****

We will size for uniforms during the first week of practice, so it is crucial that you show up! We need to order uniforms ASAP, so we get them in time for our first meet in December!

Uniform Costs

- Warm-ups jackets and backpacks will be issued out to you. They were paid for by the district and will need to be returned at the end of the season.
- Competition leotards are mandatory for both JV & Varsity and will need to be purchased by each individual for hygiene purposes. They will obviously be yours to keep at the end of the year. They will cost approximately \$165 dollars. **Money for the leotards will be DUE during the first week of practice.** You will also be required to purchase black leggings with team logo, a team sweatshirt, and 2 practice tank tops. Prices on these are coming soon. If finances are a problem, please talk to me privately so we can figure something out.
- A "Sports Spirit Pack" will be put together for those who would like to order additional attire like sweatshirts, jackets, sweats, t-shirts, shorts, etc.—you may pick and choose what you'd like to buy. Keep in mind these items are **not required!**

Minimum Skills Required for Varsity

Vault—Handspring OR higher

Bars—Kip or pullover, front and back hip circle, long hang pullover, squat on, fly away dismount or cast away $\frac{1}{2}$ turn dismount OR any skills higher than these.

Beam—cartwheels or walkovers, leaps, jumps with $\frac{1}{4}$ or $\frac{1}{2}$ turns, full turn, front or back tuck dismount OR any skills higher than these.

Floor—round-off back handsprings, front and/or back tucks, 1 $\frac{1}{2}$ full turns, split leaps/jumps with $\frac{1}{2}$ or full turns, dance/choreography abilities OR any skills higher than these.

Head Coach—Shannon Brigham

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