

Champions Program Notes

The Star Level classes are for girls ages 5 and up. Lessons are based on the skills and routines in the national Junior Olympic USA Gymnastics Levels 1 - 4 programs. These routines include basic to advanced skills on each event (vault, bars, beam and floor) that are choreographed into routines. Conditioning for strength and flexibility will be part of the class structure. Participants in these classes will form the "RGTC Star Rec Teams" and will be given the opportunity to compete in our in-house "Star Meets" offered throughout the year for fun & awards. A special team leotard purchase will be required for these classes to use as the uniform for the meets.

The dates for the in-house competitions are:

- Saturday, December 11 (Candy Cane Meet)
- Saturday, February 26 (Snow Flake Meet)
- Saturday, April 9 (Teddy Bear Meet)
- Saturday, June 4 (Star Championship meet)

These meets will give the girls an opportunity to participate in a real gymnastics meet and be a member of the RGTC Recreational Team. You may sign up for any or all of the meets or just the final championships meet in June. An entry fee will be required for participation in these meets (\$15.00 for first three and \$25 for the last meet). This fee will cover the cost of the awards and the judges. The championship meet will have more awards plus trophies! The registration forms for each meet will be passed out in class and will be available on line at www.rosesgymnastics.com.

The required uniform for the meets is one of the embroidered "Rose's Gymnastics" leotards in any of the 4 colors (cherry, lime, grape or aqua). This leotard should also be worn in class most weeks. We will keep a plentiful supply of these leotards in the pro-shop at all times.