



Dear Team Families,

We are excited for our team athletes to return to the gym. Over the last several months, we changed our team structure to improve the programmatic flow and to continue offering reliable high-quality coaching for our gymnasts. This year we will return to the competition scene and are thrilled for our athletes to showcase all of their hard work.

In this newsletter, you'll find the fall schedule and team fees. If you have any question please reach out to our Team Director, [Ashley McCracken](#).

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## 2021/2022 School-Year Schedule

The School-Year schedule starts on **August 9**. The schedule is also accessible on the website. W indicates a women's team and M indicates a men's team.

- ★ **Mighty Mites (W)**: Tuesday/Friday 3-4:30 p.m.
- ★ **Girls' Team Prep (W)**: Monday/Wednesday 3:30-5:30 p.m.
- ★ **Girls' Xcel Bronze (W)**: Monday/Wednesday 4:30-7:30 p.m.
- ★ **Level 3 (W)**: Tuesday/Thursday 3:30-6:30 p.m. and Sunday 12:30-3:30 p.m. (alternative day invite-only practice on Wednesday 4:30-8:30)
- ★ **Level 4 (W)**: Monday/Wednesday 4:30-8:30 p.m. and Sunday 2:30-6:30 p.m.
- ★ **Level 6/7 (W)**: Monday/Tuesday/Wednesday 4:30-8:30 p.m. and Sunday 2:30-6:30 p.m.
- ★ **Levels 8-10 (W)**: Monday/Tuesday/Thursday 4:30-8:30 p.m., Friday 4:30-6:30 p.m. and Saturday 8:30 a.m.-12:30 p.m.
- ★ **Xcel Silver (W)**: Wednesday/Friday 4:30-7:30 p.m.
  - \* Monday 4:30 -7:30 p.m. and Saturday 10 a.m. -1:00 p.
- ★ **Xcel Gold (W)**: Tuesday/Thursday/Friday 5:30-8:30 p.m.
- ★ **Xcel Platinum (W)**: Tuesday/Thursday 4:30-8:30 p.m. and Saturday 10:00 a.m.-2:00 p.m.
- ★ **Gym Stars**: Wednesday/Friday 4:30-6:30 p.m. (Group 1) and Wednesday/Friday 6:30-8:30 p.m. (Group 2)
  - ★ **Boys' Xcel Bronze (M)**: Wednesday/Friday 4-6 p.m.
  - ★ **Boys' Xcel Silver (M)**: Tuesday/Thursday 5:30-8:30 p.m.
  - ★ **Men's Level 4 (M)**: Tuesday/Thursday 5:30-8:30 p.m. and Friday 4-8 p.m.

★Men's Level 5 and up (M): Wednesday/Friday 4-8 p.m. and  
Saturday 10 a.m.-2 p.m.

Below are the team fees for the upcoming season. The first payment for the fees will be auto-deducted on **August 10th**.

## 2021-2022 Team Fees

### Team Fees do not include:

States, regionals, easterns, and nationals.  
These meets require **qualification** thus why we do not include those cost with our team fees.

Travel meets are meets where the coach and/or gymnast would have to stay overnight and travel more than 2+ hours away from the gym location.

TEAMS	COST	INCLUDED	NOT INCLUDED	PAYMENT OPTIONS
WOMEN'S LEVEL 6-10	\$1850	6 Meets (2 Travel + 1 NGA)	States, regionals, Easterns, & Nationals	5 Payments
LEVEL 3 & 4	\$1500	4 Meets (1 Travel)	States, Regionals, & Nationals	4 Payments
XCEL	\$1500	5 Meets (No Travel)	Elective Travel Meet (Edgewater) States, Regionals, & Nationals	4 Payments
WOMEN'S BRONZE	\$1000	3 Meets (No Travel)	States, Regionals, & Nationals	3 Payments
MEN'S LEVEL 4-8	\$1500	5 Meets	Elective Travel Meet (undecided) States, Regionals, & Nationals	4 Payments
MEN'S BRONZE & SILVER	\$1000	3 Meets (No Travel)	States, Regionals, & Nationals	3 Payments
GYMSTARS	\$750	4 Meets (No Travel)	In-House Meet Leotard	3 Payments

**INCLUSIVE FOR ALL TEAMS**

**New Uniform:** (leotard, boys tank, leggings, jacket, and book bag)

**Event fees:** banquet, parties, events

**Coaching Costs**

### HAPPY BIRTHDAY TO OUR AUGUST BIRTHDAY GYMNASTS!



- ★Chloe' Jai Carkhum (XG) | Aug 9
- ★Alexandra Murphy (XB) | Aug 10
- ★Isabelle Caiola (GS) | Aug 11
- ★Sloan Loudis (WXS) | Aug 15
- ★Gianna Bergantino (WXS) | Aug 22
- ★Madison Wiggins (Opts) | Aug 23
- ★Brooklyn Graham (WXB) | Aug 28

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Website**

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