



April 2017

Dear Parents

Thank you for your interest in becoming a part of the Illusions' Competitive team. Illusions is always looking to expand and share our love for rhythmic gymnastics.

If you have any questions or concerns, please contact our VP Competitive at IllusionsVPcompetitive@gmail.com. The tryouts will be closed to parents, friends and family members. The Illusions coaches/athletes will do their best to create a fun, stress-free environment so the athletes can perform to their best ability. Please help us by arriving a few minutes early so your daughter is not rushed before the tryout begins. Doors will be open 10 minutes prior to the start of the try out times. This will give your daughter time to fill her water bottle, go to the bathroom and be comfortable with her surroundings.

What is the tryout process?

All athletes will have time to warm up and stretch at the beginning of tryouts. Athletes will be evaluated on three sections; *moves, apparatus technique and a choreographed dance section*. The leaders will demonstrate the moves before the evaluation process and the athletes will have time to practice before presenting to the panel to be evaluated. The panel of experts will compile their evaluation scores for physical ability, and evaluate each athlete on overall suitability (desire and attitude/maturity) to ensure that each athlete is placed in the best environment to foster individual growth through sport. Athlete placements will be posted on our website (www.illusionsgymnastics.com) before the In-Person Registration Night (June 13 & June 15). An email will be sent to all participants to notify families that the placements have been posted.

What should you bring?

- Water bottle
- Knee Pads (if you have)
- Toe Shoes (if you have)
- Any Rhythmic Gymnastics Apparatus you have
- Fee (\$20.00 per athlete; cash only)

What to wear to tryouts?

The girls should wear athletic attire (i.e. bodysuit, biking shorts, tank top, t-shirts, etc...). To make it easier for the panel to see the gymnast's form we encourage the girls to wear form fitting clothing to easily see the shape of their body (i.e. bodysuits, leggings, tank tops, shorts, etc...). Please make sure your daughter's hair is tied back (neatly) in a ponytail or bun. Footwear: either bare feet or toe slippers.

**Please note: If you are currently on an Illusions competitive team, please wear your black formal practice attire*

Competitive Programs at Illusions?

The competitive program at Illusions focusses on the basic introduction of skills that are required in a rhythmic gymnastics routine. The competitive classes are structured so that the girls learn basic rhythmic gymnastics body technique, fundamental apparatus technique, dance preparation and choreography of age appropriate routines. Athletes in the competitive program will compete in the Group category (3-5 athletes perform a group routine together) and some athletes will be invited to compete in both the Group category and the Individual category (one athlete performs 2 or 3 routines by herself).

2017-2018 Illusions Competitive Teams:

	BRIGHT STARS Born: 2011+	BLAZING STARS Born: 2011+	CAPELLA Born: 2011+
Commitment	2-4 hours/week	7 hours/week	9.5 hours/week
Annual Fees	Approx. \$750 (2 hrs) \$1380 (4 hrs)	Fees (2016/17): \$2352	Fees (2016/17): \$3090
<p>*The annual fees for each program include the following: Class Fees (10 months), annual Nova Scotia Gymnastics Association registration fee, all registration fees for competitions, expenses for coaches during competitions and rental fee for competitive group bodysuit. Please see FAQs for more details. * <u>New this year:</u> Each athlete in Blazing Stars / Capella will be expected to attend one choreography camp (M-F; 8:30-4:30pm). Tentative dates July 4-7; 10-14, August 21-25; 28-Sept 1 (Cost: \$250)</p>			
# of Practices per Week	1-2 practice/week	3 practices/week	4 practices/week
Competition Schedule	2018: Mini Comp. Jan, Provincials & Illusions Invitational.	2017: Mini Comp. Dec 2018: Mini Comp. Jan, Provincials, Atlantics & Illusions Invitational.	2017: Mini Comp. Dec 2018: Mini Comp. Jan, Provincials, Atlantics, Illusions Invitational & one out of province invitational.

If you are interested in attending the Illusions Competitive Tryouts & mandatory parent information session, please confirm your participation by visiting our website – illusionsgymnastics.com to register your daughter. Registration must be received by: Sunday, April 30th.

Daughter's Name, Age & Date of Birth

Mailing Address, Phone Number & Email Address

Medical Issues or Concerns

Please also identify which Competitive Program you are interested in: Bright Stars, Blazing Stars or Capella.

We are very excited to see so much interest in the competitive program for 2017-2018! We would like to wish all the girls good luck at the tryouts and to encourage them to do their best and have fun. If you have any more questions or concerns about the tryouts please send an email to IllusionsVPCompetitive@gmail.com.

Thank you,
Competitive Coaching Staff, Illusions



FAQs

If you have a question that is not answered on this page, please email our VP Competitive and we will be happy to answer any questions you may have.

Email: IllusionsVPCompetitive@gmail.com

Q: What is Rhythmic Gymnastics?

A: Rhythmic Gymnastics is for women and girls of all ages. It is the perfect combination of sport and art. RG is a sport that combines elements of ballet, gymnastics, dance and apparatus manipulation. Each movement involves a high degree of athletic skill. Physical abilities needed by a rhythmic gymnast include strength, power, flexibility, agility, dexterity, endurance and hand-eye coordination. This athleticism is linked with expressive dance steps, dynamic elements (walkovers and cartwheels) and skillful manipulations of the ball, rope, hoop, ball, ribbon and clubs: throw, spin, spiral, roll and catch. Rhythmic Gymnastics can be performed individually or in groups of up to 5 gymnasts. Rhythmic Gymnastics develops posture and confident body movements for sport and life. It enhances co-ordination and agility, for body awareness and balance. RG builds self-confidence and creativity. The sport increases flexibility and strength and develops healthy minds and bodies.

Q: What is the minimum age to enroll in a competitive program at Illusions Rhythmic Gymnastics Club?

A: Competitive programs at Illusions are for girls aged 5-18. Our youngest gymnasts must turn 6 by December 31st of the current year to be able to compete at the 2018 Provincial Championships.

Q: How do I register for the Competitive programs at Illusions?

A: Please visit our website illusionsgymnastics.com to register your daughter for our competitive tryouts.

Q: What if I have an athlete that is currently registered in a competitive program, does she need to try-out again for 2017-2018 season?

A: Yes! If you have an athlete that is currently registered in the competitive program at Illusions (Shooting Stars, Bright Stars, Blazing Stars or Capella), she will need to attend the 2017-2018 Competitive Try Outs.

Q: What if I have missed the 2017-2018 Try Out Dates?

If you have missed the 2017-2018 Try Out Dates, please contact VP Competitive, Cherie Kelly (IllusionsVPCompetitive@gmail.com). If an athlete has missed the try out date, 2017-2018 competitive placements will be considered only in specific scenarios involving injury, family emergency or exigent circumstances. There is also the opportunity to enter the Shooting Star program in January 2018.

Q: What does the Competitive Try Out involve?

The Illusions coaches will do their best to create a fun, stress-free environment so the athletes can perform to their best ability. All athletes will have time to warm up and stretch at the beginning of the try outs. Athletes will be evaluated on three sections; *body elements, apparatus technique and a choreographed dance section*. The coaches/leaders will demonstrate the body element and the athletes will have time to practice before presenting to the panel to be evaluated. The panel of experts will

compile their evaluation scores for physical ability. In addition, an athlete's overall suitability (desire and attitude/maturity) will be evaluated to ensure that each athlete is placed in the best environment to foster individual growth through sport. For returning competitive athletes - Evaluation and feedback received from Illusions coaches for the 2016-2017 Competitive season will also be taken into consideration.

Q: When will athlete placements be announced?

A: Your daughter will be evaluated by a panel of experts. They will review your daughter's physical ability and overall suitability (desire and attitude/maturity) to ensure that she is placed in the best environment to foster individual growth through sport. Athlete placements will be based on age, ability and experience. Placements will be posted on our website (illusiongymnastics.com) before the In-Person Registration Night (June 13 & June 15).

Q: After athlete placements have been announced, how do I register my daughter?

A: We will have two in-person registration nights at Bedford Hammonds Plains Community Center for our competitive teams. Please mark your calendars:

Tuesday, June 13, 2017 from 6-8pm for the Capella & Blazing Star programs

Thursday, June 15, 2017 from 6-8pm for the Bright Star & Rising Star programs

During the registration night you will be required to complete all necessary forms (waiver, media release, athlete profile, medical information), order your Illusions track jacket (if necessary), be sized and order toe shoes and underbody suits and order any equipment that your daughter will need for the 2017-2018 season. You will also be required to make payment for the 2017-2018 competitive season.

Q: Can you explain the details surrounding the annual fees?

A: The annual fees for 2017-2018 include the following:

1. Total fees for classes (a 2 hour class is approximately \$20/class)
2. *Annual Nova Scotia Rhythmic Gymnastics Association (NSRGA) registration fee (\$25),
3. Registration fees for Competitions (fees will depend on the number of competitions that your daughter attends.
4. Coaches expenses during competitions and
5. Competitive group bodysuit annual rental fee (\$50).
6. ** **New this year:** Each athlete in Blazing Stars / Capella will be asked to attend a summer camp/choreography session from Monday-Friday (8:30-4:30pm). Cost: \$250.

Tentative dates: July 4-7; 10-14, August 21-25; 28-September 1.

**NSRGA is currently in talks with Gymnastics NS and there is a possibility that NSRGA will merge with Gymnastics NS. This means that NSRGA become a discipline (rhythmic gymnastics) under the Gymnastics NS. If this occurs, our athlete registration fees will increase by \$75.00. Please note: Illusions will be collecting this additional fee from each athlete if the merger is finalized during the 2017-2018 competitive season.*

Payment options:

1. 100% of term with cash (Registration Night)/cheque
2. 50% of term with cheque and 50% with post-dated cheque (November 1/17).
3. Bright Stars: Four (4) monthly payments (1st of July, Aug, Oct and Dec 2017).
4. Blazing Stars & Capella: Ten (10) monthly payments (1st of every month from July to April 2018).

** Option #2, #3 and #4: Post-dated cheques must be received at time of registration.*

Q: How long is the Rhythmic Gymnastics Season?

A: Our season runs from July to June, with a minimum of one week summer camp and regular classes commencing in September. Athletes are given Thanksgiving weekend off, two weeks off at Christmas and 1 week (M-F) at March Break. It is expected upon enrolling with the Illusions Rhythmic Gymnastics Club, that students are prepared to make a commitment to their rhythmic gymnastics training.

Q: What events will my daughter participate in during the 12 month season?

A: Your daughter will commit to participate in the following Events based on her program. Illusions will endeavor to confirm dates as early as possible in the competitive season, but families must be flexible to accommodate competition and show dates throughout the year:

- Bright Stars – Mini Comp (Jan), NS Provincials, Illusions Invitational, Holiday and Year End Shows
- Blazing Stars – Mini Comps (Dec & Jan), NS Provincials, Atlantics, Illusions Invitational, Holiday and Year End Shows
- Capella – Mini Comps (Dec & Jan), NS Provincials, Atlantics, Illusions Invitational, Out-of-Province Invitational, Holiday and Year End Shows

Q: What do I wear to gymnastics class?

A: Illusions does implement a dress code for all athletes during practices at a competition, demonstrations and any other Illusions event. Athletes must wear a solid black tank top and solid black biking shorts with their hair in a high bun. During regular practices, athletes must wear tight fitted clothing. Tank tops and shorts are preferred, any color or pattern. All competitive athletes must have a bun for regular practice.

Q: Will I need to purchase a costume?

A: Illusions will provide all competitive group suits to all competitive athletes competing in the group category (Bright Stars, Blazing Stars & Capella). There is a \$50.00 rental fee included in your annual fees. Athletes that are competing in the individual category (Bright Stars, Blazing Stars and Capella) will need to purchase one costume/competitive bodysuit. Please expect to pay between \$150-\$350 for your daughter's required costume for the competitive season.

Q: What are the additional costs associated with being an Illusions team member?

A: Here is a general list of the team equipment and uniform requirements according to Program/Level

- Bright Stars – Team Uniform, Formal Practice Attire, Toe Shoes, Rope, Knee Pads and any individual apparatus that is needed.
- Blazing Stars & Capella– Team Uniform, Formal Practice Attire, Individual Costume (1), Nude Undersuit, Toe Shoes, Rope, Knee Pads, Required Apparatus

ILLUSIONS Team Uniform

Illusions Black Track Jacket, full length/fitted/solid black leggings, high bun and toe shoes (no holes)

ILLUSIONS Formal Practice Attire

All athletes are required to have a solid black tank top & solid black biking shorts, a high bun & toe shoes (no holes). Formal practice attire is expected at competitions, demonstrations and any identified Illusion event.