

May 2015

Dear Parents

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

COMPETITIVE A TEAM TRY OUTS

Wednesday, June 8th

Bedford Hammonds Plains Community Center (BHPCC)

6:30-8:00pm (Girls born 2010 & older)

Mandatory parent meeting from 6:30-7:30pm.

**If you try out for the A Team, you do not need to attend the try outs on Saturday, June 11th.*

ALL OTHER COMPETITIVE TEAMS TRY OUTS

Saturday, June 11th

West Halifax Cheer

**Please note: Interclub & Competitive B classes will run from 9-11am on June 11th*

11:15-12pm (Girls born 2011, 2010 and 2009)

Mandatory parent meeting from 11:15-12pm

12:15-1:30pm (Girls born 2008 to 2000)

Mandatory parent meeting from 12:15-1:15pm

If you have any questions or concerns, please contact our VP Competitive at VPCompetitive@illusionsgymnastics.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 listed above. 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. They will then be divided into age appropriate groups. 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 by Saturday, June 18, 2016.

What should you bring?

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

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 practice attire to try outs.*



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).

Q: Why is the Interclub program not listed below?

A: The Interclub program (1 practice per week) only runs from January – June. This program is meant to bridge the gap for athletes that are interested in the competitive program and have missed the 2016-2017 entry point.

If you are currently in the Interclub program, please review our Competitive Programs listed in the table below and find the program that suits you best. If you have any questions, please contact Cherie Kelly (VPCCompetitive@illusionsgymnastics.com)

2016-2017 Illusions Competitive Teams:

	RISING STARS Born: 2011	Competitive C RHYTHMIC DREAMS Born: 2010+	Competitive B TEAM NAME TBD Born: 2010+	Competitive A TEAM NAME TBD Born: 2010+
Commitment	1.5 hours/week	2-4 hours/week	7 hours/week	9.5 hours/week
Annual Fees	Approx. \$470	Approx. \$625 (2 hrs) \$1245 (4 hrs)	TBD	TBD
*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.				
# of Practices per Week	1 practice/week	1-2 practices/week	3 practices/week	4 practices/week
Tentative Schedule	Wednesday	Sat or Sun with an additional weekday practice.	Fri & Sun Wed (younger athletes) Tues or Thurs (older)	Tues/Wed/Fri/Sun
Competition Schedule	2017: Demonstration Performance at Provincials & Illusions Invitational.	2017: Mini Comp. Jan, Provincials & Illusions Invitational.	2016: Mini Comp. Dec 2017: Mini Comp. Jan, Provincials, Atlantics & Illusions Invitational.	2016: Mini Comp. Dec 2017: 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 sending the following information to Cherie Kelly (VP Competitive), no later than Wednesday, June 1, 2016. Cherie Kelly: VPCCompetitive@illusionsgymnastics.com

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: Rising Stars, Rhythmic Dreams (Competitive C), Competitive B or Competitive A

We are very excited to see so much interest in the competitive program for 2016-2017! 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 VPCCompetitive@illusiongymnastics.com.

Thank you,
Competitive Coaching Staff, Illusions