



Calling all GymStars!!!

GRG IS PROUD TO ANNOUNCE THE FORMING OF STARS!

WHAT IS STARS?

The STARS program is a new team program for developmental participants in the GymStar Program. The STARS TEAM will have the opportunity to represent GRG in the Competitive/Performance arena.

WHO CAN PARTICIPATE?

Any gymnast currently enrolled in a GymStar class 1-5.

HOW DOES IT WORK?

- Participating athletes will need to sign up for a once/week additional “STARS TEAM” practice.
- Gymnasts will be taught USA Gymnastics compulsory routines on all 4 events depending on skill level.
- GRG will host a “Fun Meet” in the Spring and invite area clubs. It will be a non-competitive style meet showcasing their skills. Achievement ribbons and medals will be awarded to all participants. Teams will be awarded trophies.
- Additional “competitions” of this style will also be scheduled throughout the Spring. At this point, we are hoping to schedule at least 2 additional meets besides the one here at GRG.
- The STARS TEAM will also perform at local shows and exhibitions. For example, GRG participates in the Forest Hills Expo every year!
- STARS TEAM athletes will also be invited to compete in next years Gymnastics on the Grand, hosted by GRG at the DeVos Place.

WHAT ABOUT A UNIFORM?

Team STARS members will need a special team leotard that is currently being designed by GRG. It is to be worn at the competitions and performances, but can also be worn at practice or in class. These leotards are being made by Foxy’s Fitness, the same company that provides the leotards in the lobby, and will be cost no more than anything in our inventory.

WHAT TIMES WILL THEY PRACTICE?

- STARS TEAM practice will begin on Saturday, January 10th
- Practices are tentatively scheduled from 12:30-2:00 pm. All team members are then welcome to stay for open gym.
- Based on participation, additional times may be scheduled in the future. You would then have a choice on which practice fits in to your schedule. At this time, Saturday is the only option.

WHAT IS THE COST?

- \$35/mo
- Additional Entry Fees to competitions will also come up. Entry fees are determined by the host gym. The fees charged will include individual participation fee for your child plus your share of team fee and coaching fee.
- Participation in the “meets” is not mandatory and can be signed up for in advance based on the deadlines imposed by the host gyms.

HOW CAN I FIND OUT MORE?

Shane Uson, owner and Head Coach at GRG will host an **informational meetings Thursday, December 18 or Friday, December 19 starting at 6pm**. It should take no more than 1 hour of your time. If you cannot make either one of these meeting but are interested please contact the gym at 975.2992.