

2022 SKILL DEVELOPMENT TRAINING SESSIONS

GIRLS RECREATION GYMNASTICS

- 1) Sessions are based upon 13-week time periods which begin the first Sunday of each quarter.
 - Session 1 : January 2 through April 2
 - Session 2: April 3 through July 2
 - Session 3: July 3 through October 1
 - Session 4: October 2 through December 31
- 2) Athletes can start classes at anytime and do not have to wait for beginning of session
- 3) During each session, athletes will be taught all the skills that are identified on individual class skill sheets
- 4) All athletes that successfully achieve the skills on the class sheets will be moved up to the next level at the beginning of the next session
- 5) Any athletes that have not yet achieved all the skills identified will remain in their current class until they do so.
- 6) All move ups will be determined about 1-2 weeks before each session ends so that families can prepare for any scheduling changes that may occur.
- 7) Families have option of taking private lessons from any of the coaches to assist athletes in learning skills and/or focusing on areas that need further development before moving up

