



XCEL, DEVO & JO TEAM TRYOUTS


Ready to take your daughter's gymnastics career to the next level? This is your chance to become an Influencer!

Open to all current and new Influence Gymnastics families, ages 3-17.

- ✓ \$20 due at registration
- ✓ Skill, Flexibility, Strength & Coachability evaluated
- ✓ Opportunity to Compete

**REGISTER ON THE PARENT
PORTAL TODAY!**

 www.influencegymnastics.com

 480-534-1261



MAY 23, 2026

12:00PM-1:30PM



Influence
GYMNASTICS

Frequently Asked Questions



WHAT SKILLS DOES MY GYMNAST NEED FOR TEAM AND WHAT CAN I TELL HER TO EXPECT?

- There are various levels of developmental (pre-team) and competitive teams. Each level has different skill requirements as set by USA Gymnastics. Tryouts can be viewed as an evaluation to determine if your child would fit into one of those levels.
- At tryouts, coaches will evaluate your gymnast's skill level by rotating to each event. They will be asked to do skills they already know and some that may be new. Strength and Flexibility will also be evaluated. Coachability, safety and attitude will play a role in any possible placement

WHAT'S THE DIFFERENCE BETWEEN THE VARIOUS PROGRAMS?

- **Developmental (pre-team):** Prepares younger gymnasts (3-6 y/o) for our competitive team, and to provide an intermediate step between the Kinder Program and Team. They will learn the structure, commitment, and discipline required to pursue competitive gymnastics.
- **Junior Olympic:** Our competitive team participates in meets sanctioned and governed by USA Gymnastics. These levels (2-10) are progressive in nature, building upon the skills required at the previous level.
- **Xcel:** A competitive recreational program aimed at keeping girls in the sport of gymnastics without the intensity and time commitment of JO. This program is perfect for gymnasts who love the sport but also want to pursue other extra curriculars.

All Team gymnasts, regardless of grouping, will learn not only the sport of gymnastics, but also conflict and time management, confidence, hard work, dedication, achieving goals and realizing their unique worth outside of the sport they excel at.

WHEN WILL WE FIND OUT THE RESULTS FROM TRYOUTS?

- Gymnasts will be notified of tryout results via email on Monday, May 25th. If applicable, responses are due Friday, May 29th with the summer schedule beginning on June 1st.



What is the competition schedule? Developmental does not compete. Levels 2-5 compete in the fall with the schedule being released in June. Xcel competes in the winter (Jan-Mar) with the schedule being released in October.

What is the practice schedule? Each group's main practice schedule can be found on our website. If applicable, the summer schedule will be sent out in the tryouts results email. All higher level groups practice in the morning during the summer. All monthly tuition prices are on our website.

Is there a major commitment? Gymnastics is a year-round sport as the difficulty continues to increase for each level. Practice is mandatory and integral to your gymnast's success and safety in the sport. No make-ups are given for missed practices in JO and Xcel, and any excessive absences may affect their ability to compete.