

YOU ARE INVITED!

TEAM TRYOUTS & INFORMATIONAL PARENT MEETING

August 25
6:00-7:30 PM

Registration Deadline: August 21
Register online or in person

For more information contact our
Gymnastics Department Team
Coach rachel@tuscymca.org

OUR MISSION

We are committed to enriching the lives of everyone in our community by the development of healthy spirit, mind and body through membership services and programs based on Christian principles and values of caring, honesty, respect and responsibility.

TUSCARAWAS COUNTY YMCA

600 Monroe Street
Dover Ohio
330-364-5511
www.tuscymca.org

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FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

REACHING CHALLENGING ACHIEVING

TUSCARAWAS COUNTY YMCA GYMNASTICS COMPETITIVE TEAM



TUSCARAWAS COUNTY YMCA
600 Monroe Street, Dover Ohio
330-364-5511 www.tuscymca.org



CONFIDENCE ATHLETICISM PERSEVERANCE GRIT

Levels 3-6. Learn to love the sport of gymnastics at the Y. Competitive Gymnastics helps youth value hard work, reach for excellence and enjoy spirited competition, all while making new friends, improving skills and being active!

Our program is dedicated to the total development of each gymnast through proper learning progressions, form and techniques.

Our coaches genuinely care and believe in successful, fun, learning experiences to develop exceptional athletes.

We develop self-confidence, leadership qualities and the ability to work together while respecting the rights of others.

The team competes in YMCA gymnastics on the local, regional and national level.



VAULT · UNEVEN BARS · BALANCE BEAM · FLOOR

PRACTICES

Monday and Wednesday
Evenings
5:00-8:00 PM



PRIVATE LESSONS

Private lessons are available year-round for gymnasts who desire one-on-one instruction. These lessons are available at an additional cost and may include bars, vault, beam, and floor.



COMPETITIVE SEASON

June-April
6-8 Saturday Meets per year
1 Home Meet
Away Meets usually within 75 miles
First meet is usually held in October

PARENT RESPONSIBILITIES

Concession stand food provision and operation, meet setup and teardown, fundraising.

CONTACT US

For more information about joining the team, please contact Rachel@tuscymca.org

COMMITMENT

Team members must have a current YMCA Family or Youth Membership

\$72-\$88 per month
(price depends on Membership Type)

Additional Costs

Judges Fees:
\$100 (approx.)
Team Leotard Cost:
\$120 (approx.)
Team Warm-up: \$50
Dowel grips: \$25-\$50
Optional meet costs vary. Gymnasts may also purchase warm up suits, practice leos and other items with varying prices.



Fundraisers offered to help with fees.

ABOUT THE COACH

Team Head Coach Rachel Cummings

Since the age of 3, gymnastics has been a part of Rachel's life. Rachel grew up competing in gymnastics and has been coaching gymnastics for over fifteen years. Before deciding to be a stay at home mother to her four children, Rachel taught at Midvale Elementary School for 10 years. She has coached and choreographed cheerleading, volleyball, and cross country as well. She is very passionate about teaching and working with youth.