



What is the Arabesque Rhythmics Pre-Team?

Pre-Team is the place for gymnasts who really enjoy rhythmics and who want to master more challenging skills and routines. Members will have the opportunity to travel and perform more often. Gymnasts will learn more advanced rhythmic skills (body and apparatus) which are important for both competition and performance. Specifically, they will:

- Complete the PRISM program (Violet being the most advanced level)
- Learn and practise GROUP routines that they will perform on different occasions
- Learn to set attainable goals; learn and practise some concentration and visualization techniques.

Gymnasts on the Pre-Team will participate in a variety of performances:

- End of session recreational classes
- National Gymnastics Week mall performance in Edmonton (around the 3rd week of January)
- Provincial Gymnaestrada (gymnastics festival with teams from around Alberta)
- Devon Days and the Devon Christmas parade

Being a member of the Pre-Team will also help gymnasts prepare for competition in the following years. To give you an idea of what it is like to compete, we will plan to attend one or two competitions to perform our routines and receive constructive feedback from judges and other coaches. The two possible competitions are:

- North Zones (a qualifying meet for Provincial and National level gymnasts)
- Invitational meet (a fun meet for gymnasts at any level)

Pre-Team focuses on GROUP gymnastics – they will have two routines, one free (no apparatus) and one apparatus. The free routine will be in the style of Aesthetic Group Gymnastics (fluid, more dance-like). This style of movement will help build body technique, improve performance and musicality abilities and will, in the long-term, provide more competitive and performance opportunities than rhythmics alone. The second routine will be more typical of Rhythmic Gymnastics – this type of routine will help build hand-eye coordination as well as general athletic skills, performance and musicality.

Group gymnasts have numerous opportunities to travel, compete and perform regionally, nationally and internationally!

Gymnasts who are interested in being a part of Arabesque Rhythmics Pre-Team are required to attend a **TRY-OUT practise scheduled for Tuesday May 11, 2010 from 6:00-7:30pm**. Following the try-out, parents and gymnasts will have the opportunity to ask questions about the Pre-Team (7:30-8:00pm).

Commitment

Training: Tuesdays 6:00-8:00pm

Costs

Training: \$65/month for 9 months, Sept-May
NO FUNDRAISING

Registration with RGA: \$30 for the year

Additional costs (estimated):

*Apparatus: \$40 (1 rope, 1 red TOGU Senior-sized ball)

*Bodysuit: \$75 (for performances)

*Competition fees: \$75 for 2 meets + Gymnaestrada

*Travel: \$50-100 (gas, food, hotel, depending on where events are held)

To help you put these costs in perspective...

- At Spruce Grove Aerials a similar program costs **\$80 per month + Fundraising commitment.**
- Most dance schools charge \$75-90 per month for 2 hours of class per week.

Every gymnast is a very important part of our Rhythmics TEAM:

T	TRAIN TOGETHER
E	ENCOURAGE EACH OTHER
A	ALWAYS GIVE 100% EFFORT
M	MOTIVATE AND SUPPORT EACH OTHER (through words and actions)!

Gymnasts will have unique opportunities to compete and perform as a group. These opportunities will take them to different cities around Alberta.

With this in mind, **being a member of a team requires a greater commitment** (time, financial, desire) from the gymnast as well as her family.

Gymnasts are expected to attend all practises with **VERY FEW EXCEPTIONS** (*as a 'rule of thumb' – a gymnast who trains one day a week, should not miss more than one practise per session*). If you are sick, please stay home and get better faster. If you must miss a practise, please contact your coach 24 hours in advance so that she can adjust her lesson plan.

Because our focus in Pre-Team is on GROUP gymnastics, it is essential that ALL team members attend practise. If one gymnast is missing, it makes it much harder for the rest of the group to practise formations, timing, lifts, exchanges – essentially every aspect of the routine. Unlike other “team” sports (e.g. soccer, hockey) where athletes can play different position, in GROUP gymnastics each gymnast is assigned a SPECIFIC position with movements, timing and placement relative to the other gymnasts in the group. When a gymnast misses a practise, we often spend at least part or all of the next practise working on the same skills and making the same corrections as the previous practise (so that all gymnasts are on the same page).

Being a member of Arabesque Rhythmics Pre-Team will open the door to many new and exciting opportunities!

Communication among gymnasts, coaches and parents

We will do our very best to make sure that everyone is informed in a timely manner of upcoming events, cancelled practises and other general information (**typically by email, if you prefer to be called, please let Coach Kristi know**).

From time to time (and we hope to keep this to a minimum), miscommunications and misunderstandings will arise. If you have questions or concerns about training, how your daughter is doing, dissemination of information or any other issues, please notify the coach involved about your concerns and arrange a day and time to meet. It is best to mull things over for 24 hours PRIOR to discussing any issues with the club so that everyone involved can go home, think about it and take some deep, relaxing breaths.

There will be two parent-viewing sessions scheduled for Pre-Team parents throughout the year (these will be included in the tentative schedule handed out at the beginning of the season in September and posted on the website). Parents are encouraged to attend these sessions to understand what it is the gymnasts practise and how to watch the sport (why we do things in certain ways, what the requirements are, what the judges are looking for, etc.). Rhythmic gymnastics (and Aesthetic Group Gymnastics) is a complicated sport – it's not always obvious what is important and what is not!