



# Aerials Athletics Competitive Team

## FAQs

Tryout information and what families can expect

**TEAM  
TRYOUTS**  
Friday, May 1st  
5:30–7:30 PM  
Arrive by 5:15 PM

### 1 What skills are required to join team?

- Pullover on bars or 10 second chin hold
- Handstand
- Cartwheel on a straight line
- Gymnasts must show these skills during tryouts

### 2 What else do coaches look for?

- Overall athletic ability
- Coachability and positive response to corrections
- Ability to apply fixes and improve skills
- Gymnastics-specific strength and flexibility

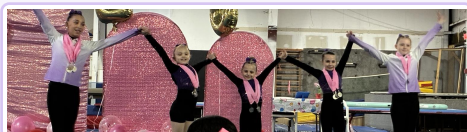
### 3 What commitment is required?

- Introductory team levels practice 3 hours a day, 2 days a week
- Attendance and consistency are important
- Additional team expectations, schedules, and season details will be shared at a future parent meeting later in May

### 4 How do I sign up and what happens after?

- Sign up for tryouts through Aerials' iClassPro or at the front desk
- Arrive by 5:15 PM to check in and be ready
- After tryouts, parents can stay for a brief overview and talk with the coaches
- Full team expectations and schedules will be reviewed later in May

#### A look at Aerials team life



**Questions? Coaches will be available after tryouts for a brief overview and conversation.**

Additional team expectations and schedules will be reviewed at a later parent meeting in May.