



TRYOUTS PROCESS FAQs

WHAT SHOULD MY DAUGHTER WEAR TO TRYOUTS?

Please have her wear a bodysuit or tight fitting shorts and a t-shirt. Her hair should be up in a neat ponytail and she should not have on socks or shoes.

WHAT WILL MY DAUGHTER NEED TO DO DURING TRYOUTS?

She will need to perform strength, flexibility and coordination exercises. She will also need to demonstrate her coach-ability and aptitude for gymnastics.

MY DAUGHTER IS IN A COMPETITIVE PROGRAM IN ANOTHER CLUB, SHOULD WE ATTEND TRYOUTS?

Ideally, you could contact the Program Coordinator, Karl McPherson, at comp@terracepeaks.ca and an alternate tryout date can be set up if necessary to accommodate an athlete with a high level of experience.

WHAT ARE THE TIME COMMITMENTS FOR A COMPETITIVE ATHLETE IN THE TPGC PROGRAM?

Time commitments vary based on age and ability. Please see the Tryout Information sheet for competitive group descriptions.

WHAT QUALITIES SHOULD MY DAUGHTER POSSESS TO ATTEND TRYOUTS?

Ideally we are looking for energetic, motivated girls who are happiest doing gymnastics and flipping around. We are looking for a child's ability to take correction and pursue her own excellence. Even children as young as 3 to 4 years of age demonstrate these qualities.

WHAT PROGRAM WOULD MY DAUGHTER PARTICIPATE IN IF SELECTED?

We have developed a Tryout Information sheet that outlines the various ages, programs and potential hours of training for the girls selected for our program. Please see the Tryout Information sheet for further details.