



TRYOUTS PROCESS FAQs

WHAT SHOULD MY CHILD WEAR TO TRYOUTS?

Please have them wear a bodysuit or tight fitting shorts and a t-shirt. If their hair is long should be up in a neat ponytail and they should not have on socks or shoes.

WHAT WILL MY CHILD NEED TO DO DURING TRYOUTS?

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

MY CHILD 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 CHILD POSSESS TO ATTEND TRYOUTS?

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

WHAT PROGRAM WOULD MY CHILD PARTICIPATE IN IF SELECTED?

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