



# VIRGINIA TECHNIQUES TEAM TRYOUTS 2023 - 2024 SEASON

*We are excited to offer team tryouts for the 2023-2024 gymnastics season! Athletes will have a chance to show our team coaches their skills, strength, and flexibility.*

## Who should try out?

Any girl that is interested in competitive gymnastics who will be 4 or older by June 1.

## Are their specific skills required?

No. Tryouts are open to ALL skill levels! During tryouts athletes' skills, strength, and flexibility will be evaluated to determine the level where she will be most successful.

## Will each gymnast that comes to tryouts be placed on the team?

Spaces are limited. Depending on the number of gymnasts that tryout, some will be offered a place on the team. Some may be waitlisted.

## When will tryouts be held?

Tryouts will be scheduled in age-specific sessions of 1-2 hours during the week of April 3-7. Registered athletes will receive session times for tryouts on March 27.

## If my child is already in PreTeam, Team, or XCel, should she tryout?

No. Your child's coach will place her in the appropriate level.

## Is there a cost to tryout?

Yes. \$20 per athlete.



**Register by March 24**

540.381.5151