

# Team Tryouts

Friday, May 15th 2026

Athletes trying out will work in small groups with one of our team coaches in 60 minute time slots. Our coaches will observe skill level, technique, enthusiasm for the sport, desire to apply feedback, willingness to try new things, as well as ability to stay focused and follow directions.



## Informational Session

Tuesday, April 28th at 6:30PM

One parent/guardian is required to attend our team informational session for any athlete planning to attend tryouts. We'll discuss more about what a commitment to our team program entails, and answer any questions or concerns you may have. The informational session will be held in our 'Kids Club' room located on the bottom floor at our facility. Families unable to attend in person will be able to join us via zoom.

## Timeline

- April 28th** | Informational Session
- May 15th** | Team Tryouts
- May 16th-22nd** | Families Receive Communication from Team Directors with Placement Decisions
- June 22nd** | Summer Team Schedule Begins



## Why Gigueres?

With a 50 year history of qualifying athletes to State, Regional, and National Championships, as well as a deep field of athletes continuing to collegiate gymnastics, we're most proud of a program that prioritizes athlete mental, emotional, and physical health while teaching athletes the life skills of sportsmanship, dedication, resilience, leadership, communication, and teamwork. A USA Gymnastics member club, our coaches are professionals who regularly partake in opportunities for continuing education and are deeply passionate about both the sport, and the health and well-being of our athletes. Many of our athletes are National Honor Society members, regularly appear on their school's honor rolls, and are eager to mentor younger athletes within our program. Our athletes move forward into their future endeavors confident in who they are and what they're capable of.

## Summer 2026 Schedule

Athletes welcomed into our team program will begin workouts with the summer 2026 schedule:

- Pre-Hotshots** | Tuesday 4:30-5:30 PM
- Hotshots** | Tuesday & Thursday 5:30-6:30 PM
- Bronze** | Monday & Wednesday 3-5:30 PM or 5:30-8 PM
- Level 2** | Tuesday & Thursday 1-4 PM

Gigueres



# Women's Competitive Team Program

Building the Champion Within



[www.gigueregym.com](http://www.gigueregym.com)

[@gigueregymnasts](https://www.instagram.com/gigueregymnasts)

Co-Team Directors

Courtney Morrissey  
[courtney@gigueregym.com](mailto:courtney@gigueregym.com)

Colleen Walsh Cecchi  
[colleencecilywalsh@gmail.com](mailto:colleencecilywalsh@gmail.com)

# Pre-Team

Designed to help athletes prepare for participation in competitive gymnastics. Athletes build a foundation for future skill development and participate in a culminating showcase held at our facility in June.

**Pre-Hotshots** | Athletes in preschool and kindergarten who demonstrate exceptional enthusiasm for the sport workout for one hour one day a week. Athletes in this program are preparing to progress into our Hotshots Program.

**Hotshots** | Athletes in kindergarten and early elementary school who have successfully completed: a) one year in our Pre-Hotshots program, or b) one year in a preschool or recreational class. This program is for athletes who are eager to improve upon technique and learn more challenging skills. Workouts are one hour long two days a week. Athletes in this program are working to progress into our Level 2 Compulsory Program.



# Team

Two subdivisions within USA Gymnastics: the Development Program and the XCEL Program

The Women's **Development Program** 'was created with the belief that all athletes, regardless of their potential, must have a solid foundation of basic skills in order to advance safely'. It is divided into a compulsory program (levels 2-5) and an optional program (levels 6-10). Each level builds upon the skills of the previous level.

The USA Gymnastics **Xcel Program** 'was developed as an alternative competitive program offering individual flexibility to coaches and gymnasts. The goal of Xcel is to provide gymnasts of varying abilities and commitment levels the opportunity for a rewarding gymnastics experience. The program allows a wide choice in skills to meet requirements so selection may be based on an individual athlete's strengths.' Athletes compete in levels Bronze, Silver, Gold, Platinum, Diamond, and Sapphire.

*Commitment to our team program is year-round. Our competitive season runs November-May, but athletes train throughout the off season.*

**Xcel Bronze** | The first level in the Xcel program, athletes compete at approximately five meets during the competitive season and work to deepen their skill progression, strength, flexibility, and technique in preparation for progression within the Xcel program. Athletes workout 2.5 hours twice a week during the school year.

**Xcel Silver** | The second level in the Xcel program, athletes compete at approximately six meets during the competitive season and work to further their skill progression in preparation for higher level gymnastics. Athletes workout approximately 3 hours twice a week during the school year.

**Development Program, Level 2** | Our level 2 athletes compete at approximately five meets during the competitive season and work diligently to lay a strong foundation to grow upon within the Development Program. Athletes workout 3 hours twice a week during the school year.

# Sign-up

Via Google Form

Signups for our 2026 tryouts and parent meeting will be collected via google form. Please scan the below QR code to sign up today.



# Commitment

Approximate financial commitment for a first year competitive team athlete:

**Competitive Apparel** | (warm-up jacket, leggings, leotard, backpack) \$350-500

*Varies depending on athlete's competitive level, same apparel utilized for multiple years*

**Meet Fees/Team Parent Organization Payments** | \$1,000/competitive season

**Pre-team tuition** | \$130-\$250/month

**Competitive team** | \$270-\$350/month