

FOREST LAKE GIRLS GYMNASTICS TEAM 2020-2021

THIS IS A COMPETITIVE VARSITY LEVEL SPORT, not an instructional program or intramural program. For safety purposes, a minimum skill level is required in order to try out for the team.

Our team competes in the extremely strong Suburban East Conference. The SEC consists of Forest Lake, East Ridge, Mounds View, Park, Roseville, Stillwater, White Bear Lake, Woodbury and Cretin Derham-Hall.

The team consists of varsity and junior varsity competitors. Gymnasts usually work on all four events, but only 5 varsity and 8 JV members compete on each event every meet.

The team consists of 7th-12th graders and it is preferred that gymnasts have at least Level 6-7 skills.

EXAMPLES OF MINIMUM SKILLS NEEDED to be on the team include:

Vault- Handspring/ ½ on vault

Bars- Kips, long hang kip, Flyaway, (prefer giants and a release move)

Beam- Cartwheel or walkover, Full turn, Aerial Dismount (prefer flight series)

Floor- Front tumbling pass with a superior or high superior skill:

Round-off- Back Handspring- Back tuck

(prefer aerial and/or twisting skills)

Gymnasts must be able to perform high school level competitive routines on at least 2 pieces of equipment.