

**CMS GYMNASTICS  
Try-out Information  
2019-2020**



Thank you for taking interest in our gymnastics program. We are excited to meet you and hope that we can accommodate as many as possible into our program. We take pride in developing these athletes to their highest potential. We strive to develop gymnasts that can compete for Heath High School in the future.

Tryouts are Wednesday, May 22nd. The girls tryouts will be in the CMS gymnastics gym located at the end of the Cain MS athletic hallway from 4:00 to 5:00 PM. The boys tryouts will be at Heath HS in the gymnastics gym located in the indoor facility from 5:00-6:00 PM.

**Gymnasts must be required to have a UIL Physical Form filled out from a physician that clears them to participate.** Physicals are only good for one year and must be dated after May 1st, 2019 for the 2019-2020 school year. Current 7<sup>th</sup> grade athletes that already have a physical on file do not need a new one until the next school year. You can find the physical form on the UIL website at:

<http://www.uil texas.org/files/athletics/forms/PrePhysForm17-18.pdf>

Middle School Gymnastics competes levels 4-8 and follows USAG guidelines. The girls advanced competitive team has mandatory workouts after school during season. The boys advanced team has mandatory before school workouts. Boys and girls intermediate teams will also have extra workouts per coach's order.

The cost for participating in the girl's gymnastics program is \$100.00. This covers 2 workout leotards, spandex shorts, and a meet day t-shirt. The cost for participating in the boy's gymnastics program is \$55.00. Cain Middle School issues competitive attire.

If you have any questions about the girls program please feel free to email Coach Holden at [jennifer.holden@rockwallisd.org](mailto:jennifer.holden@rockwallisd.org). If you have any questions about the boys program please email Coach Pershin at [james.pershin@rockwallisd.org](mailto:james.pershin@rockwallisd.org)

We look forward to seeing you at tryouts!!!

Coach Holden  
Cain/Heath Head Girl's Gymnastics

Coach Pershin  
Cain/Heath Head Boy's Gymnastics

**CMS Gymnastics  
Gymnast Information 2019-2020**

**Gymnast Name:** \_\_\_\_\_

**Birthday:** (mm/dd/yy) \_\_\_\_ / \_\_\_\_ / \_\_\_\_

**Grade (next year):** \_\_\_\_\_

**Gymnastics Level:** \_\_\_\_\_

**Contact Phone Number:** \_\_\_\_\_

**Parent's/Guardian's Names:** \_\_\_\_\_

**Parent's/Guardian's Day Phone Numbers:** \_\_\_\_\_

**Parent's/Guardian's E-mail Addresses:** \_\_\_\_\_

\_\_\_\_\_

**Previous gymnastics experience:** (i.e., levels competed and/or club gym training).

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\_\_\_\_\_

**What other activities are you involved in?**

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\_\_\_\_\_

\_\_\_\_\_

\*\*\*\*Please Turn in to Coach Holden or Coach Pershin on the day of tryouts.