

## Naydenov Gymnastics **Girl's Pre-Team** Selection Information:

1. What is Pre-Team?:
  - Talent based group
  - Athletes at a common ability level
  - Faster paced class
  - A focus of developmental gymnastics
  - Not based on current ability – projected ability
  - Common age

IT IS NOT: a promise, a guarantee to be on competitive team, or a guarantee of a child's success

2. What does pre-team do?:
  - Shoulder and lower body flexibility
  - Body awareness
  - Strength
  - Perfect basic gymnastics
  - Solid intro to all 4 events
3. Who is eligible for pre-team?:
  - Female athletes ages from 4 to 7years
  - Any child currently enrolled in classes OR
  - Any child who is evaluated by a pre-team coach
4. What are we looking for in an athlete?:
  - Strength
  - Coordination
  - Follows directions
  - Listens
  - Enjoys gymnastics
  - Good attitude
5. What are the physical expectations?:
  - Small
  - Thin
  - Fast
  - Strong
  - Young
6. Sample of some skill requirements for pre-team:
  - Solid cartwheel
  - Fast runner
  - Pullover on bars
  - Back bend, kick over
  - Handstand
  - 10 push ups in a row
  - 20 sit ups in a row
  - Able to run, then punch a vault board
7. Strength – Vs – Flexibility:
  - Flexibility can be a detriment
  - Flexible children have a hard time with the tight concept