

COMPETITIVE TEAMS

These teams are competitive and will be competing in the Midwest Amateur Gymnastics Association (MAGA). Team participation requires a higher level of commitment and dedication and also produces greater benefits in physical abilities, confidence and discipline. Teams are by invitation only. There will be tryouts and evaluations made on each gymnast's skill level. Skill sets (not limited to) those below. Ten girls per team will be allowed in competitions.

WASECA BLUE (Training Team)

For gymnasts who have passed the advanced level and would like to proceed with the competition teams.

Floor:

front hand springs • back hand springs • aerials • 1½ toe turns • switch leaps • tuck/ wolf jump 1/1

Bars:

push away long hang pull overs/baby giants • fly away dismount • sole circle 1/1 dismounts • kips • hop ups

Beam:

back walk overs • front walk overs • round-offs • aerial dismounts • front/back tuck dismounts • twisting jumps

Vault:

front handspring over vault with out spots • ½ on vaults

WASECA SILVER (Team 2)

WASECA GOLD (Team 1)