

Storm Gymnastics Reserves

The purpose of the Storm Reserves Gymnastics class is to work with any 7th and 8th grade gymnasts who wants to improve their skills, strength, flexibility, and confidence to work towards their goal of being on the Storm Gymnastics team in the future. Gymnasts will work exclusively with the SRRHS Gymnastics Team Coaches at each practice through the winter months. We will hold 8 practices over the months of November 2019 to February 2020. Practices will be on Tuesday nights from 6:00-7:30pm at Northcrest Gymnastics In Sauk Rapids. The cost of is \$130 total for the 8 practice sessions. You can register for the Storm Reserves via Northcrest Gymnastics website: <http://www.northcrestkids.com/>

The practice dates are as follows:

November 19
November 26
December 3
December 31
January 14
January 21
February 4
February 11

We will not hold any practices when we have scheduled away meets, over the holidays and also during our home meets which are the first 2 weeks of January. We would like gymnasts on the Storm Reserve to come to each home meet to experience what it's like, cheer, and also to help with timing & flashing scores. By helping out, the gymnast gets into each meet free. Our home meets are on the following dates:

January 2
January 7
January 9
January 13

If gymnasts want to do additional practices along with the Storm Reserves during the winter months, Northcrest also offers HIT practices that you can register for as well. This class is designed specifically for middle/high school gymnastics. Again, you can refer to their website to register.

If anyone has questions, please feel free to reach out to any of our coaches. We look forward to working with each gymnast and are excited to help them reach their goals!

-Coach Liz