

2018-2019 Competitive Gymnastics Season

Mpact Women's Junior Olympic Competitive Gymnastics

Mpact Sports is excited to offer an award-winning Women's USAG (<https://usagym.org>) Junior Olympic Competitive Gymnastics Team for all levels. We pride ourselves in offering a variety of programs, all of which are aimed to invest first, in the growth of your child's character, and secondly into their talent as gymnasts. While we compete as a unified team, we have two options for practice schedules: our **Day Team** caters to homeschooled children, whose schedule allows for gymnastics' practice during the day. Our **Evening Team** is scheduled for children attending normal school hours, or opting to practice in the evenings. Both teams are headed-up by coaches with tremendous experience both as athletes and as successful coaches.

Women's Competitive Gymnastics Program

Our Focus and Commitment:

- We have the best JO competitive athlete to coach ratio in the State of Tennessee. We believe your child's proper development as an adolescent and as an athlete, deserves focus and attention; both of which we are committed to provide incessantly throughout your child's career.
- We provide a supportive environment to allow for every athlete to gain confidence and skill acquisition at their own pace.
- We value each child's spiritual, emotional, and physical growth and progressions to remain within balance. This allows every area of a child's life to thrive throughout their lifelong development; inside and outside the sport of gymnastics.
- We strive for excellence in all we do, and are prepared to grow alongside our athlete's needs, goals, and desires.
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2018-2019 Season Application: Kasey Carter at gymteam@mpactsports.com to receive your team application packet.

2018-2019 Team Fees:

- Gym Registration Fee: \$90
- Leo, Warm-ups, and Backpack Fees: approx. \$450 total
- Competition fees: TBD according to meet

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Day Team

- **Coach:** Jacqueline "Jac" Shealy Randall, former University of Alabama gymnast
- **Schedule:**
 - M/F 8:00-11:30 & Tu/Th 3:00-5:30

Evening Team

- **Coach:** Kasey Carter, former elite gymnast
- **Accepting Applications for following Team Levels:** 2-5
- **Schedule:**
 - Levels 2-3: T/H @ 4:45-7:45
 - Levels 4-5: M/W @ 4:30-8:00 & Saturday @ 8:00-11:30