



2020 ALP TEAM TRYOUTS

Dear ALP Families,

To ensure all of our gymnasts have the best experience possible at gymnastics in 2020 all current ALP gymnasts will be required to skill test to find the best level for them next year.

Each gymnast will be assessed on their current skill capability plus strength and flexibility potential. Each ALP level has benchmark skills that gymnasts must be able to complete in order to enter the level. By looking at your gymnast's current skill level coaches can then make an informed decision about the correct program and level for your gymnast in 2020.

As well as skill requirements our coaches will also take age into account. Each ALP team has age guidelines to help our gymnasts feel confident and build strong social connections with their teammates.

Often repeating the same level can have huge benefits for the gymnast's self-confidence and in turn skill development. Also in some cases moving across to the Gymstar program will allow our gymnasts to train in a program that better suits their needs.

If you would like your gymnast to be assessed for a specific level please advise the coach prior to gymnast beginning their try out.

All ALP teams have compulsory training sessions per week as well as events throughout the year.

Gymnasts may also be requested to train over the school holidays if it is in the lead up to a competition. Below are the proposed training hours for each level in 2020 and training locations. Please note—class times have not yet been confirmed for 2020.

	Footscray	Williams Landing	Training Hours
ALP 1	Yes	Yes	2 x 2 hour sessions
ALP 2	Yes	Yes	2 x 2.5 hour sessions
ALP 3	Yes	Yes	2 x 2.5 hour sessions
ALP 4	Yes	No	3 x 2.5 hour sessions
ALP 5	Yes	No	3 x 2.5hour sessions
ALP 6	Yes	No	3 x 2.75 hour session
ALP 7+	ALP 7+ athletes do not need to trial. These athletes train in our BIG program.		



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What happens after skill testing?

Once we are finished our initial testing, we will contact you within a week to inform you of the outcome. If our coaches believe the ALP program is still right for them, your child will be invited to attend September ALP Holiday Training.

September holidays will provide the opportunity for new potential ALP gymnasts to train alongside our current ALP gymnasts. Holiday training will also contribute to our coaches being able to place gymnasts in the best possible team and level for them.

Towards the end of September, we will have a meeting to discuss your child's progress, this may be in person or over the phone. By then our coaches will have a clear indication of which level is correct for your gymnast in 2020. At this time we will go over the team handbook, competition expectations, team attire, tuition and 2020 training schedule. Your family can then go over the information and let us know your decision by the 18th October.

If your child is invited to continue with the ALP Team you may choose to attend Summer holiday training, this is not compulsory but it is beneficial for gymnasts. In addition to the benefits of your child being able to further develop their skills and increase their overall physical ability, it will also help your gymnast transition more easily into the 2020 training schedule with new classmates and coaches.

Thank you for your understanding and patience as we work through this process.

Kindly,
FCGC ALP Coaches

Important Dates

ALP Try Outs—Williams Landing	Saturday 7th September 3.00-5.00pm
ALP Try Outs—Footscray	Sunday 8th September 2.30-4.30pm
Initial testing feedback email received by	Saturday 14th September
September holiday training	23rd Sept—7th
Final decision about the program to be made	18th October 2019