



# 2020 ALP TEAM TRYOUTS

Thank you for expressing your interest in the FCGC 2020 ALP Team Tryouts. This document will provide you with further information about our ALP program and the process of making the team.

At trials we will be looking for the following qualities in our gymnasts;

- Drive to do well
- Eagerness to learn
- Attention to details
- Love for gymnastics
- Ability to take on constructive criticism and feedback

Each gymnast will be assessed on their current skill capability plus strength and flexibility potential.

*Our ALP Team Program is not for everyone;* it requires dedication and hard work. It also requires certain physical abilities, strength, flexibility, and coordination.

**Boys & Girls aged of 5 and 13 years old are welcome to attend trials.**

Each ALP level has benchmark skills that gymnasts must be able to complete in order to enter the program. By looking at your gymnasts current skill levels coaches can then make an informed decision about if ALP is the right program for them and which level they will be best suited to.

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.

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

**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. Bellow 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 2.5 hour 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.		



### What happens after Tryouts?

Once we are finished our initial testing, we will contact you within a week (via the email address you have provided on your family account). If our coaches believe the ALP program could be right for your gymnast, your child will be invited to attend September Holiday training for further assessment.

We believe this to be an extremely important step for both the athlete and the coaches in determining whether the ALP Program is the right program for them. It gives your gymnast an opportunity to experience training more hours, with increased expectations, and whether they enjoy it before having to decide whether to commit to our competitive program. It also allows families to see the time commitment needed to be a part of the ALP Team. We encourage athletes to attend as much of the September training as they possibly can. September training is offered at a discounted rate to let you try the ALP program before you commit to the 2020 season.

Towards the end of September, we'll have a meeting to discuss your child's progress, this may be in person or over the phone. By then your gymnast and our coaches will have a clear indication of whether the ALP Program is right for you and their correct level placement.

At this time we'll 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 about joining the program by the 18th October.

If your child is invited to join the ALP Team, training will not begin until 2020. You may choose to attend Summer holiday training, however 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.

### Important Dates

ALP Try Outs—Williams Landing	Saturday 7th September 3.00-5.00pm
ALP Try Outs—Footscray	Sunday 8th September 2.30-5.30pm
Initial testing feedback email received by	Saturday 14th September
September holiday training	23rd Sept—7th Sept
Final decision about joining the program to be made by	18th October 2019
ALP Training begins	2020

Thank you for considering FCGC ALP program for 2020, we hope you and your child have fun with us at FCGC!

Kindly,  
FCGC ALP Coaches