

GYMNASTICS!

Hilliard Bradley - Hilliard Darby - Hilliard Davidson
High School Gymnastics Teams

www.hilliardgymnastics.com

Head Coach: Carol Eskay– Phone #: 614-657-4327 e-mail: ceskay@icloud.com

**Try-Outs: Saturday November 3rd 8:00-10:00 &
Sunday November 4th 2:00-4:30 (both at Fliptastic! Gymnastics)**

Please see Minimum Requirements Sheet for Tryout Information

[If you have Gymnastics Experience- Come Try Out for the Gymnastics Team!](#)

Season: Runs from the first week of November to the first week of March

Competition Level: There are all levels of competition- Basic Gymnastics training required - But skills through level 10 can be competed

Practices: Practice times are split between Hilliard Davidson and Fliptastic! Gymnastics. Practices will be primarily on Tuesday, Wednesday, Friday, & Sunday- some exceptions
** There is no bussing provided for transport to practices

Meets: There are approx. 11-14 meets per season- They consist of regular season dual/tri/quad meets, Invitationals, OCC league meet, and the District meet- Qualifiers at the District meet would compete at the State Gymnastics Meet the 1st weekend of March

Cost: Each Gymnast must pay the School Participation fee- There are also costs associated with leotards, warm-up leotards, and warm-ups. We do have fundraising activities to offset some of the costs if gymnasts are interested. More details will be given at the “Meet the team” meeting.

Conditioning:

We offer conditioning in the October. This is not mandatory- However- it is STRONGLY encouraged.

Starts- Wednesday October 10th- Mondays and Wednesdays from 4:30-5:45

Where: Davidson Wrestling room.

ALL GYMNASTS MUST HAVE A COMPLETED PHYSICAL PRIOR TO TRYOUTS- NO ONE WILL BE PERMITTED TO TRY OUT IF THEY DO NOT HAVE A PHYSICAL!!!