

# GYMNASTICS!

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

2009-2010

Head Coach: Carol Peschel – Phone #: 614-657-4327 E-Mail: peschel2@msn.com

**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 9 and some level 10 can be competed

**Practices:** Practice times are split between one of the schools (this year will be Bradley)  
And Fliptastic! Gymnastics. Practice Times/Days TBD- usually practice  
between 4-5 days/week. *Practices run from 2-3 hours each day*

**Meets:** There are approx. 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  
1<sup>st</sup> weekend of March

**Fundraising:** The team typically does a car wash during the summer-  
We sometimes will also hold a “Flip-a Thon” during the beginning of the  
season. Other fundraising includes getting sponsorships for a team poster  
and selling sweatshirts at our Invitational.

**Stat/Manager:** If you are not sure if competition is for you- we have stat/manager positions  
Available- this is an opportunity to still be involved- 3 years of being a  
Stat earns a Varsity letter in that sport.

**Conditioning:** We offer conditioning in the fall (usually October) This is not mandatory-  
It is strongly encouraged, however, if you are not in a fall sport

**Fun Activities:** Big Sis/Little Sis card and gift exchanges- Holiday party – Team Dinners –  
Sleepovers- End of Season Sleepover @ Fliptastic!- Pizza parties-  
Bob Evans Breakfast before Invitationals- and MUCH, MUCH MORE!!!!

**Watch and Listen for the Interest Meetings in the Fall-**  
**There will be announcements made at school**