

Emeth Competitive Team

Emeth has competitive girls and boys gymnastics teams that are open to new Emeth students by invitation and tryout each year.

Girls Team

The Girls team was born in 2003 and has grown to include over 50 girls in USA Gymnastics levels 2-10 and Xcel. Emeth girls team members qualify for state and regional competitions regularly.

Boys Team

Our Boys team came into being in 2007 and has since grown to include over 20 boys in USA Gymnastics levels 4-10. Emeth boys team members have qualified and competed in national competitions.

Join Emeth Team!

Do you want to see how far you can go with gymnastics? Join Emeth Team and commit to investing in your potential.

Come to our *Girls Team Trial practice* April 10, 2-4pm,

***Boys Team Trial practice* April 30, 3:30-5pm**

(This trial practice is a great way to learn what team is all about, no commitment)

What is Team?

Joining Emeth's competitive team means *taking gymnastics and character training to a new level*. Team athletes practice multiple times per week, train for levels and skills sanctioned by USA Gymnastics, and compete at meets near and far against other clubs in our region.



Big Commitment - Big Benefits

Joining Team at Emeth is a big step in commitment, but there are big benefits for our athletes! Team coaches focus on training character to a new level because of the increased time and opportunity that added practices and competitions provide. Our team families consistently tell us that their kids are learning character skills for life through gymnastics. We'd like to share just a few.

Motivation **Confidence** **Focus** **Community** **Priorities** **Experience**



Motivation

Gymnastics is fun! Athletes love flying through the air, moving their bodies in amazing ways and the feelings of accomplishment when they reach clear set goals. We often find that we are able to coach students to develop character strength in perseverance, self discipline, focus and commitment because they are motivated by their love of gymnastics to struggle forward when it gets tough. We love seeing these qualities give them success both in and outside the gym.

Confidence

Confidence is a consistent fruit of athletes involvement in Emeth's Team. While all Emeth programs work to help students develop confidence by providing

a safe and encouraging environment in which students reach for clear set standards and push through challenges, Team takes this to a new level. Competing in front of judges and audiences, with the support of teammates develops confidence in athletes. Coaches use opportunities to build athletes up both when they stick and when they fall.

Benefits

Motivation Confidence Focus Community Priorities Experience

Focus

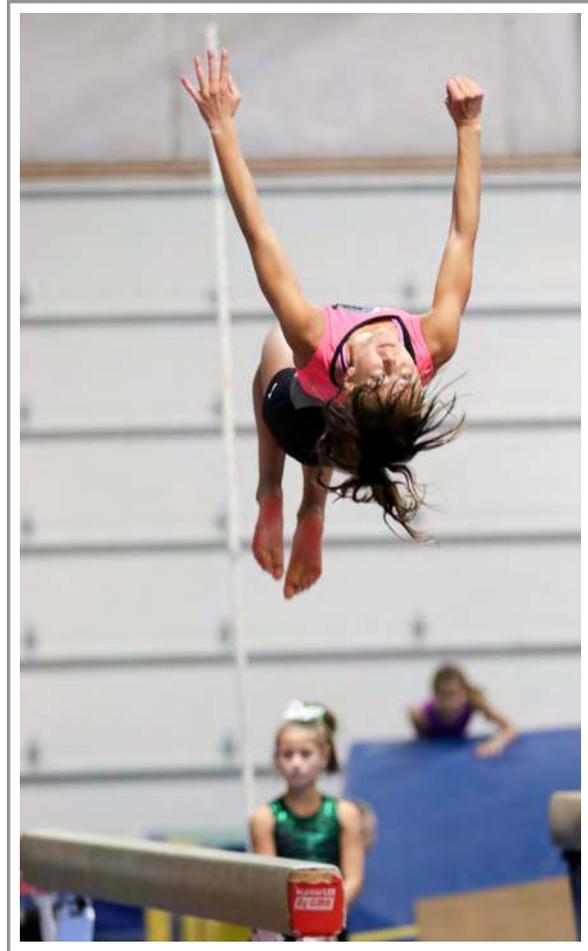
One of the things we like most about gymnastics is that it focuses on the individual. Athletes compete first against themselves, straining to reach their potential. There are no 'bench warmers' or less important positions in the field. Coaches and judges focus on each athlete's skills and work to help them grow. In the words of respected coach John Wooden, we want to train athletes to view success as,

"peace of mind, attained only through self-satisfaction and knowing you made the effort to do the best that you are capable."

We believe that this definition of success is one that every person can strive for and achieve, *and that it is a much more meaningful success that simply winning over another person.*

Community

Our goal is for Emeth to be a loving and supportive atmosphere for all our families. We strive to make it that by careful leadership, focus, honesty, clear communication and more. Joining Team gives your family an opportunity to get to know other Emeth families better. Emeth families work together to support their athletes and often form meaningful supportive relationships. Athletes regularly become very close with their teammates as they encourage each other to pursue individual and team goals. The Emeth team is a great place to belong!



Benefits

Motivation Confidence Focus Community **Priorities** Experience



Priorities

“There is peace and power in a correctly prioritized life” Chip Ingram says. We coach athletes to think well and value not only gymnastics, but relationships, character, education and positive life influences. Athletes learn disciplined time management skills not only in the gym, but applied to school, homework, and more.

Experience

Being on the Emeth Team is an experience kids will enjoy and remember. Team members form bonds with their teammates and coaches, enjoying practices, competitions, travel time, staying overnight in hotels for away meets, and more. It is a great social experience. Many athletes think of Emeth as a second home.



Interested?

We're finishing our plans for the 2016-17 season right now. Come check out the *Team Trial Practice*, or talk with your coach!