



Excite! Gymnastics

2025-2026

Tryout Packet!





EVALUATION DATES

April 15th – New Member Early Bird Pre-Evaluations

*This is highly encouraged for athletes who are interested in trying out for gymnastics team or pre team for the first time. Coaches will evaluate athletes and provide parents with feedback before heading into the official tryout day on May 17th! Must be enrolled through the parent portal.

Evaluations 5:00–6:30pm | Parent Meeting 5:15–6:00pm* | \$10

May 17th – Official Tryout Day!

*This is mandatory for all athletes wanting to be placed on team for the 25–26 season. Athletes will need to wear a red, black, or white leotard with their hair neatly pulled back out of their face. Bar shorts are allowed over their leotard if desired.

Tryouts 9:00–10:30 am | Parent Meeting 10:00–10:30am*

*Please note: It is only required for parents to attend one of the two parent meetings offered.

May 18th – Excite! Email Day

Team announcements will be sent via email by 6pm. This will include your summer group, team coaches, team practice schedule, and more! Please make sure you have subscribed to receive email communications from Excite!

May 30th – Billing Date

Amounts will be in the handbook released on April 17th.

June 2nd – Season Begins!

Team practices will start this week! We will also have team meet & greets within the first couple of weeks of practice. All days and times will be included in your Excite! Team email.

July 25th – Level Placement Tryouts

*Level placement tryouts are a second round of tryouts where we look at their skills and form our teams.

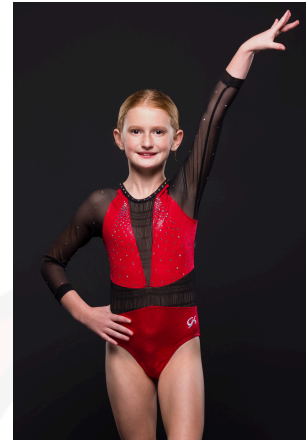
Times TBA – will be posted on hotline in July.

CLASSIFICATIONS

Color Groups: After tryouts on May 17th, athletes will be placed into summer workout groups, where they will continue to train skills, new drills, and strength that we introduce within gymnastics team. Over this time period, we continue to evaluate the athletes to determine which level they will compete in for the upcoming season. Color groups are determined by the level we foresee each athlete competing in at the time of tryouts. While athletes generally make a level within their color group classification, there is a possibility of making a level outside of their color.



Pre-Team: Pre-team is a non-competitive gym team group that will have one pre-team practice (1.5hr) plus one Hot Shots class (1hr) per week. They will receive the team practice leotard, along with other gym team perks throughout the season. They will practice routines to show off at the Expo and the In House Meet, and will work on basic body control, conditioning, flexibility, and skills that will help them in their future years on gymnastics team!



TAAF: TAAF athletes will compete only against athletes from Texas in meets that are local around the DFW area. We offer competitive teams in TAAF levels 1-6 and XCEL Bronze-Platinum. TAAF is a more affordable option in comparison to USAG and requires less time in the gym each week for training.

USAG: USAG athletes will compete at larger invitationals throughout the season and will compete against athletes from gyms across the nation. We offer competitive USAG teams at levels 3-8 and XCEL Gold-Platinum and offer USAG training (Jr USAG) for athletes in levels 1, 2, Bronze, and Silver. USAG is an extra expense as it adds training time in the gym and additional meets.



FAQ

· What is the time commitment for gymnastics team at Excite!?

We offer various options for different levels of gymnastics team. We keep our beginner levels at minimal time commitment each week – typically practicing two days a week for 3.5–4.5 hours/week total. As athletes progress in levels, the time commitment grows.

· My child is in other sports – can they still do gymnastics?

Absolutely! The majority of our athletes on gymnastics team are also involved in other sports or activities. While we prefer that athletes are able to make it to their scheduled practice times to receive the training schedule set for their level, we are willing to work with our families and look at alternative schedules if needed.

· Do you offer a boys program?

We do not offer a boys competitive program, however we have several boys in our gymnastics classes – these are a great place to work on tumbling, strength, balance and more!

· My child is a beginner, and has developed a love of gymnastics! Can she try out?

Absolutely! We have levels that are designed for athletes of all ages and ability levels.

· When and where are the competitions?

Our meet season runs from January through May. We compete in 4 qualifying meets throughout that time span, plus the state meet which is typically the beginning of May. We try to space the meets out to be about one per month, and we keep the qualifying meets local within the DFW area for our beginner TAAF levels.

· We travel over the summer – does that affect my child making the team?

We understand that families are likely to travel over the summer months and Holiday breaks, and those absences will not dock your child for rewards or affect their team placement. We plan our team fees for the full season, and factor these expected absences in to the yearly tuition. Absences will just need to be emailed in so that coaches know when to expect your child at practices.

· How do I sign up for tryouts?

Tryouts are live on the parent portal at www.excitegym.com or [scan the qr code below!](#)
Sign up now for Early Bird Evaluations along with Tryouts to reserve your spot today!



AGE GRID

*Age is determined by the athlete's age on January 1, 2026

*Ages listed below are the minimum age requirement per level

LEVEL:

TAAF:

USAG:

Level 1	4 years old	4 years old
Level 2	4 years old	5 years old
Level 3	5 years old	6 years old
Level 4, 5, 6, 7	6 years old	7 years old
Level 8	6 years old	8 years old
Bronze	5 years old	5 years old
Silver	6 years old	6 years old
Gold	7 years old	7 years old
Platinum	8 years old	8 years old

