



**Competitive Gymnastics Program**  
*Helping athletes grow beyond the backflip*

## High School Gymnastics Options 2025

Welcome to the NGC Competitive Gymnastics Programming!

Thank you for your interest in our competitive gymnastics program. At NGC our mission is to promote fitness, self-confidence, poise and athletic skills among area youth through gymnastics training. To live our mission and vision for NGC we believe each athlete has a path to success in gymnastics. As High School athletes, they are proud to compete for their schools and we want to support that! We have 2 options at NGC for our High School Gymnastics Athletes.

### **High School Off-Season Practice**

NGC offers off-season training for local high school athletes on a month to month enrollment basis. Off-Season training begins in March of each year and continues through October. Athletes choose a # of days per week to practice upon registration. Registration is on our website. Athletes must have either competed on a high school team the previous year or plan to compete the following year to enroll in this class. Athletes will be asked to fill out a current skills list at their first practice.

### **High School Championship Competition Team**

Our HS Champ program provides an opportunity for HS athletes from surrounding towns to compete on a Regional and National stage in the off-season. This gives athletes more competitive opportunities and something to work for in the off-season. We compete through a National Association (NGA) and all athletes are placed at a successful competitive level, but practice as one high school team. Due to the timing of the NGA Season, it is possible for your athletes to compete before and/or after their High school Season with Northfield Gymnastics Club! NGA Champ is a season commitment (March-June) and is billed as such. Registration is done through the office, contact [Krystal@northfieldgymnastics.com](mailto:Krystal@northfieldgymnastics.com) for more information.

NGA is a nation-wide governing body offering competitive gymnastics opportunities for athletes at all levels of the sport beginning at age 5. With 14 different levels of competition requiring a different skill set at each one, athletes move through this program while gaining gymnastics skills. Typical training hours for this association range from 4-12 hours/week depending upon

difficulty level of skills. Competitive season for NGA runs from November through March with Championship season to follow and include State, Regional and National competitions. This association does typically have the option to travel outside of the midwest during the regular season and then for Regionals & Nationals.

Thank you again for your interest in our program, if you have any questions or would like to have your athlete evaluated for our competitive program please contact Krystal Wallerich ([Krystal@Northfieldgymnastics.com](mailto:Krystal@Northfieldgymnastics.com))

### **Spring 2025 Practice Days/Times & Registration**

#### *High School Off-Season Practices March-May*

Mondays 3:30-6pm

Tuesdays 6:30-9pm

Wednesdays 6:30-9pm

Saturdays 8-10:30am

Available Registrations:

2 days/week—approx. \$180 (depends upon # of days in the month)

3 days/week—approx. \$260 (depends upon # of days in the month)

10-punch Spring Practice Pass. \$250

\*\*Upon Registration, do not worry about the days listed on the registration schedule. When you go to checkout you will choose your days.

\*\*We are flexible when days change due to conflicting schedules, however, in order for your athlete to get the most out of our off-season practices, consistency in attendance so we can plan for them is important.

#### *High School Champ Season Practices March-May*

Championship Practices include time throughout the week with our Strength & Conditioning coach within the practice hours!

Mondays 5:00-8:00pm

Tuesdays 6:00-9pm

Thursdays 4:30-7:30pm

Saturdays 8-11am

Spring Season Tuition (March-May)

3 days/week: \$984

4 days/week: \$1,152

Meet Fees, Travel & Apparel are separate costs.