

# Intro Team vs. Traditional Team

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## Intro Team

- This is ideal for athletes who want to experience team gymnastics without a full-time commitment.
  - Ages 6 and up
  - **Practice Schedule:** 2 days per week, 2 hours each day.
  - **Fewer Competitions:** Intro athletes only attend 4 competitions (compared to 8-10 for trad.)
  - **Competition Travel:** Non-travel team; all competitions are local in the Houston area, except for **one** competition in Galveston (which we host).
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## Traditional Team

A full-commitment program with varying levels and practice schedules. Ideal for athletes that want to achieve their full potential in the sport.

### Girls Team Practice Schedule:

- **Bronze (ages 4-6):** 2 days per week, 2.5 hours each day.
- **Silver (ages 6 and up):** 3 days per week, 3 hours each day.
- **Gold (ages 7 and up):** 4 days per week, 3 hours each day.
- **Platinum (ages 8 and up):** 5 days per week, 3 hours each day.
- **Diamond & Up (ages and up):** 6 days per week, 3 hours each day.
- **Homeschool Team (ages 8 and up):** 5 days per week, 4 hours each day.

### Boys Team Practice Schedule:

- **Level 3:** 2 days per week, 3 hours each day.
- **Level 4:** 3 days per week, 3 hours each day.
- **Level 5:** 4 days per week, 3 hours each day.
- **Level 7:** 4 days per week, 3.5 hours each day.
- **Level 8:** 5 days per week, 3.5 hours each day.
- **Level 9:** 6 days a week, 3.5 hours each day.
- **Level 10:** 6 days a week, 3.5 hours each day.

### Competition Travel:

- **Bronze:** No travel, all meets will be in the Houston/Galveston area
- **Silver:** Travel inside the state or Non-Travel option available.
- **Gold:** Inside the state is required, option to not travel outside the state
- **Platinum & Up:** Travel team required.

For any additional questions, please reach out to our team!