



## M&M GLIDERS GYMNASTICS TEAM

Make friends for life, travel and enjoy competition!



### *Requirements for the Gliders Gymnastics Team:*

1. Girls age 5 & up who have passed out of the USAG level 1 progressive program
2. Girls grade 7-12 with basic gymnastic skills may enter in the Excel level
3. Receiving an invitation from Sheila, team head coach
4. Gymnast must be a YMCA member