

OPEN TRYOUTS!!!

We are hosting open tryouts for our KIPS Pre-Competitive Program

Tryouts are open to girls born in 2014, 2015 or 2016.

**Tryout Date: Saturday, May 8th
5:15pm-6:00pm (approx)**

*****You must pre-register to attend the tryouts
***There is no fee to attend the tryouts**

The KIPS program is designed to ensure the young athletes receive a solid grounding in fundamentals, and to prepare them to enter into the world of competitive sport. This preparation requires a great deal of planning in order to ensure the necessary development over the course of a three-year process (KIPS 1, 2 & 3). Physical, technical and psychological aspects of the training program are designed with a view to assist the young athlete gain the necessary self-esteem and self-confidence, along with certain basic skills.

Members of the KIPS program must attain predetermined performance standards to remain within these programs. It must be understood that each year athletes face new challenges and therefore their ability to meet these challenges must be assessed to ensure that their sport involvement is a positive one.

KIPS athletes train 2-3x/week depending on age & level.

There are no specific prerequisites or skill requirements for tryouts however things we are looking for are general strength, coordination & flexibility. Can she do a chin up? Does she love to jump and bounce non stop? We are looking for kids with a natural ability to jump, swing and climb and we can teach the rest!

Please email competitive@springers.ca to sign your daughter up to attend tryouts! Be sure to include your daughters full name and year of birth in your email.

***Please note that there may be certain restrictions to parent viewing capacity in place at this time. As the tryout date approaches an email will go out with further details based on the current covid-19 restrictions in place.**

Thank you.
Brooke Merrifield
Athlete Development Director