

## **OPEN TRYOUTS!!!**

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

**Tryouts are open to those born in 2018, 2019 & 2020**

**Tryout Date: Sunday, May 4th**  
**Time Option #1: 9:00am**  
**Time Option #2: 10:00am**

**Tryouts will last approximately 45min.  
Space is limited.**

**\*\*\*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!

#### **To Register:**

- **Visit [springers.ca](http://springers.ca) & Click on REGISTER**
- **Select KIPS Tryouts**
- **Select the time option you prefer & follow the prompts to register.**
- **\*An email with reminder and a few additional details will be sent out to all registered applicants approximately 1 week prior to tryouts.**

Thank you.  
Brooke Merrifield  
Co-Director