



2019 WINTER Intramural Series

All Basix Plus and Intermediate students are invited to participate in our fun Winter Intramural Series. This is a great opportunity to let your gymnast get some beginning experience with competitive gymnastics! The session includes 4 clinics and 4 events- all at HAC. Clinics and events are not mandatory but are a complete package and cannot be adjusted or refunded.

Clinics (Friday 4-6 p.m.)

Events (Saturday 9-11 a.m.)

January 4 th	January 5 th
February 15 th	February 16 th
March 8 th	March 9 th
April 5 th	April 6 th
Annual Spring Fling	April 26-27 th Time TBA

The series is a block of clinics and mini-meets. Clinics include routine prep with choreography and skill polishing on every event. Meets consist of warm-up, routine performance, and assessment on each event plus an award presentation. Gymnasts are evaluated on a ribbon system and receive encouraging and positive feedback.

Every gymnast is required to wear the HAC IM Team leotard (pictured below) for meets. Any practice leotard is acceptable for clinics. GK Brand leos are sold in the pro-shop and may be used for sizing reference.

Fee for all clinics and events is \$150.

The IM team leo is \$40.

Registration, size and fees are due by Nov. 28th.

Register by e-mail (gymtrix@hacmt.com), phone or at the front desk only. IM participants must also be enrolled in a class.

Call 442-6782, e-mail or stop by the desk with any questions.

