



2018-2019 Performance Troupe Parent Information

Mission Statement

The mission for the Performance Troupe at Bay State Gymnastics Academy is to provide athletes an opportunity to participate in a non-competitive program as a contributing member of a team while developing skills, strength, confidence, trust, and relationships.

What is performance Troupe?

BSGA'S Performance Troupe is a non-competitive performance opportunity for our athletes Middler level and higher. This diverse program provides opportunities for our skilled athletes to connect to our community with performances and shows. Costumes, Props and equipment may be used to enhance the performance.

Performance Troupe Commitment:

The Performance Troupe season begins in September with regularly weekly class. For sessions 1, 2 and 3, any student Middler level or higher (or with a back handspring) can attend practice without commitment for competition season. Beginning Session 4 (November 28th) we will require all students to sign a commitment form ensuring their spot until May. Athletes are required to attend their weekly practice from that point forward and must adhere to all Performance Troupe rules and guidelines.

Practice Schedule

Wednesdays 6:30-8:30 (Additional practices and choreography TBD by coaches on an as needed basis. These practices are at no additional charge and are usually on Sunday mornings) There will be no practice during winter show week December 17th-22nd

Performance Schedule (Tentative)

January 13th- Rookies Meet
March 3rd- Rookies Meet
April 7th- BSGA Home Meet
April 11th- AHA Earth Eve Parade
May 5th- Mayfair in Harvard Square (Rain date May 19th)

Practice Attire: All gymnasts are required to wear practice uniforms to Wednesday practices.

Girls – Black Shorts, Black Leotard
(Black Sports bra allowed)

Boys – Black shorts & black BSGA practice t-shirt

Performance Attire: All gymnasts must wear their designated performance costume, as well as their warm-up suit and accessories/cosmetics. Hair must be done as specified by coaches before the first performance.

**Performance gear is only to be worn for events. They are not allowed to wear it to their weekly gymnastics class. *Warm Ups may be worn to practice*

Practice Times

Wednesday Practice

- 6:30-8:30pm