

# PERFORMANCE PLUS

KEY CITY GYMNASTICS

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## WHAT IS PERFORMANCE PLUS?

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Key City's Performance Plus program extends a more advanced training opportunities for gymnasts. Athletes train twice a week with the introduction of more advanced skills. Gymnasts are assigned to the Performance Plus Group according to their skill level and age.

## BENEFITS OF PERFORMANCE PLUS:

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Athletes perform routines and are given a score out of 10 by adjudicators for each event based on skill level, performance quality and possible bonus points.

Athletes are not ranked against each other, but receive individual scores for each event. They are awarded a Bronze, Silver or Gold ribbon for each of their performed routines and receive an all-around medal at competition

## WHO IS PERFORMANCE PLUS FOR?

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This category is designed to provide a little something more for older advanced gymnasts that are looking for a bit more of a challenge. Performance Plus athletes must be nine years old and up.

It is recommended that athletes have previous Interclub experience before participating in the Performance Plus category.