



JUNIOR OLYMPIC SUPERSTARS

WHAT IS JO SUPERSTARS?

JO Superstars is an introductory program which prepares athletes for their competitive gymnastics journey

This program focuses on age-appropriate athlete development in areas such as strength, flexibility and skill/progression.

WHO IS JO SUPERSTARS FOR?

This program is designed for young gymnasts who have shown exceptional talent and love of gymnastics.

Placement in the JO Superstars program is dependent upon coach recommendation and assessment.

POSITIVE INTRODUCTION TO ROUTINES AND THE JO PROGRAM

JO Superstars follows the skill progressions and requirements of the Junior Olympic Program

Athletes will work towards learning the JO routines on all 4 gymnastics apparatus

JO Superstars will perform their routines at Key City's In House competition

BENEFITS OF JO SUPERSTARS

JO Superstars is created to prepare gymnasts to make the transition into Key City's competitive team programs

Key City's In House meet will create a positive first competition experience

JO Superstars will have the opportunity to purchase the JO Superstars team bodysuit.

