

Rec Op Team Info

for those considering joining the VEGA Rec Op Comets

Rec Op (short for Recreational Optional) is a division of USAG competitive gymnastics. It was created to provide another avenue for female gymnasts to compete. It requires less hours of training than USAG Compulsory and Optional competitive levels. It offers gymnasts the freedom to create original routines based upon their skill level.

There are two levels of competition, Intermediate and Advanced. Minimum skills are required at both levels. Try outs take place in February or March at the conclusion of the previous season.

The season runs from October thru February. Typically VEGA competes in one meet per month during the season. We host an annual meet in December or February. Team parents are required to volunteer for these events.

If your child is invited to join the team, they will be placed in a practice group with athletes at a similar level. Rec Op practices a total of 6 hours per week and it is highly recommended that your athlete take a dance class weekly to enhance their floor and beam work. All team members are required to be on auto pay for monthly tuition and competitive fees.

The majority of meets are scheduled for Sundays, typically only the end of the year state meet has Saturday times as well to accommodate all athletes. VEGA travels as far north as Seattle. Typically there are two sessions each meet. Sessions typically last 3-4 hours and you need not stay for a session your athlete is not competing in.

Competitive costs vary each year as they are based upon which meets the team attends and then are divided by the total number of athletes on the squad. The fees for the 2009-2010 season were \$550 this included, coaches fees, coaches travel expenses, meet registration fees and team administrative costs. The total competitive fees are divided into four equal monthly payments beginning in August. Athletes are responsible for their own travel. Some early starts may require staying overnight the night before due to the location of the meet. If you are new to the team, there are choreography fees of approximately \$250 or less for the coaches to create an original floor and beam routine. Competition leotard and warm ups usually run \$250-\$300. There is also an annual \$125 fee assessed to all team members in July to pay for equipment and ongoing coaches education. Joining the team is a year commitment due to the fact that competitive costs are shared by the total team membership and staffing is based upon accommodating team membership.

The benefits of being a member of our competitive team are many. Your athlete will set and achieve goals. They will learn the power of practice, determination and perseverance. They will see the fruits of their labor, thru the pride of achieving and performing new skills. Our Rec Op program is our fastest growing competitive program because it provides an outlet for our gymnasts to participate and compete in a sport they love in a very unintimidating environment and does not over commit them to practice time, allowing for other activities in their lives.

For further questions please contact Randy Fox, the Rec Op program director. His email is randy.fox@vegagym.com

Parents that would love to share their Rec Op experience:
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