ASTRAL ACROBATICS
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CHECKLIST

Is Your Child Ready for Competitive Gymnastics?

- [ ] Watch your child perform a cartwheel and ask them what they could improve
- [ ] Speak to their current coach privately about readiness
- [ ] Take your child to watch a local competition as a spectator
- [ ] Ask your child why they like gymnastics and listen to their answer
- [ ] Check whether your household can sustain the schedule without resentment
- [ ] Consider a trial term before committing to the full season
- [ ] Sit down with your child and talk through what competition involves