



With just one full year under its belt, the Roots gymnastics team is still in its infancy. But if the success that was earned during that first year is any indication of things to come, then there is indeed a bright future on the horizon for both the program and its steadily growing number of athletes.

The success of our inaugural season was exemplified through our outstanding individual and collective performances and results at each level's respective State championship competition. Highlights included the 3rd place award for the Level 4 team as well as 10 top ten all-around performances, and two State Champions.

In a strategic effort to build upon its early success at the compulsory levels, Roots has added to its already proficient team coaching staff by hiring accomplished career coaches Pam and Steve Pryor as Team Managers. The pair has been coaching in tandem in since 2002 and their combined approach successfully blends their distinctive styles to create a complimentary and synergistic work relationship that has yielded outstanding results for all levels, and will create a seamless transition of continued success as Roots embarks on its first season with optional level gymnastics.

Our Roots facility was designed with the competitive gymnast in mind. From the newly furnished equipment and pit system, to the ***fully air conditioned gym space***, there is an optimal training environment to meet the needs of each of our athletes, from beginner to elite. Because of our combination of outstanding facility and staff, we earnestly believe that Roots is the absolute best training atmosphere in Western Massachusetts, and it is our goal to reach that benchmark each and every season across all levels.

It is anticipated that the Roots 2009-2010 team program will include gymnasts from Level 4 through 9 as we enter into the upcoming summer months, and we are currently accepting all levels of team gymnasts to the program who are interested in training with the Roots team philosophy.