



General Information 2026-27

Eligibility:	Girls, 7th-12 grade that attend school in the ECCS district
Length of season:	November 16, 2026 - February 26/27, 2027 (state meet weekend) Gym set-up begins Monday, October 26, 2026
Practice location:	Chanhasen HS - Gym 1
Practice times:	Monday - Friday 3:20-6:00 *Saturday, 9:00-11:30 (optional) **Varsity and Junior Varsity practice and compete together **Practice <i>does</i> take place during Holiday breaks
Meet Info:	Dual meets - Tuesday's starting at 6:00pm <i>Varsity - 5 gymnasts/event/team</i> <i>JV - 8 gymnasts/event/team</i> *Gymnasts do not have to compete in all-around Invitationals - usually on Saturday, various start times
Coaches:	Chris Lacy (head coach) Jodi Sussner (assistant coach) Jon Ranzau (assistant coach)
Cost: currently lists 25-26 fee	\$275.00 (Online registration through your high school) **Activity fee, physical form, all registration material, and concussion impact test due by Monday, November 23, 2026**
Basic Skills:	To compete and build basic routines using the MSHSL rules... **Skills need to be done without help from a coach <u>Vault</u> - handspring or ¼ on or ½ on <u>Bars</u> - kip(low and high bar), cast to 45 degrees, flyaway <u>Beam</u> - jump on mount, full turn, split leap/jump at 180 degrees or tuck ½, cartwheels, salto dismount <u>Floor</u> - round-off 2 back handsprings (connected), fronthandspring connected to 2 more tumbling skills, 2 leaps/jumps **Having these skills does not guarantee the opportunity to compete at every meet

PAC (parent/athlete/coach) meeting
Chanhasen High School - Gym 1
Monday, October 26, 2026 - 6:30pm

**** All questions should be directed to: Chris Lacy lacyc@district112.org