

# FM. OW.

2022-2023  
**Gymnastics**

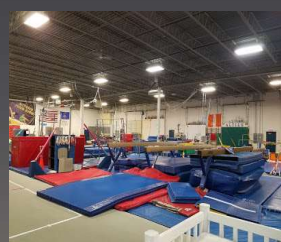
Franklin-Muskego. Oak Creek-Whitnall.



This co-op of 4 schools had been split into two teams. Franklin-Muskego combine for one team and Whitnall and Oak Creek for the other team. Both teams practice together and share a coaching staff. They also compete at the same meets most of the season. Both teams field both a JV and varsity team and gymnasts may compete all-around or specialize on specific events. High school gymnastics is a team effort that combines individual scores to create a team score. Some high school gymnasts compete all-around but many choose to compete on their favorite events. The high school team is a great way to meet friends not only from your school but other schools in the area. It also allows you the opportunity to represent your high school and community in the sport of gymnastics. Two teams that practice and compete together gives us twice the teammates and a built in support for each other. Both of these teams were built on the tradition of success of the FMOW team.

## Team FMOW is...

The FMOW gymnastics team has a rich tradition of success. We have won 9 team state titles, many individual state titles and multiple sectional and conference titles in the past 10 years. But our team is about more than just winning. Our goal for this team is not just to find success in competition, but to build strong minds, bodies and friendships through the sport of gymnastics. Success is not determined only through victories in competition, but in the small things we conquer each and every day in the gym. Success is built in the confidence we create that spills into our daily lives and gives us success in other areas of life. It is found in building a team that creates memories and friendships that carry us through high school and beyond. Gymnasts of all abilities are welcome on TEAM FMOW. Each season we grow together as a team through many challenges and many accomplishments. The achievements of all gymnasts both big and small are celebrated all season long by this team.



### **PRACTICE**

Practices are held at Altius gymnastics in Franklin. We practice Monday and Wednesday 7-9 and Tuesday, Thursday, Friday from 3 until 5, and use the Franklin high school weight Tuesday 5-6.

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### **SEASON DATES**

2022-2023 season  
November 7<sup>th</sup>, 2022 thru February 9<sup>th</sup> (JV) and  
March 4<sup>th</sup> (varsity)

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### **COMPETITION**

Competitions are typically held on Thursday nights or Saturdays. We host our meets at Altius. We also compete at the other high schools in the conference including Mukwonago, Arrowhead, Waukesha West, and Kenosha Tremper.

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### **HEAD COACH**

**Katie Moore**

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*Follow our instagram [fmow\\_gymnastics](#) to see fun updates throughout the season.*

9 time state champions! 2011 – 2012 – 2013 – 2014 – 2016 – 2017 – 2018 – 2019 - 2022

Frequently Asked Questions?? Feel free to reach out to head coach Katie Moore at 414-550-6089 if you need additional information.

### **What is team FMOW and how has that changes with the split?**

Before we created Frankego, and Whitcreek all four schools competed as one team. FMOW was the combined highschool gymnastics team made up of students from Franklin, Muskego, Oak Creek and Whitnall high schools. Despite becoming Frankego and Whitcreek both teams still train together, support one another in competition, and share a coaching staff. Both teams compete in the combined gymnastics conference of the classic 8, SEC. The other teams in our conference are Mukwonago, Waukesha, Kenosha, Oconomowoc and Arrowhead.

### **What is the cost?**

Each athlete must pay the athletic fee for their own school to participate. You must purchase a team warm-up jacket which costs about \$80 and you may choose to purchase other team items. The rest of the gymnastics gear is optional to purchase. The competition leotards are provided by the school. Workout fees, meet transportation and competition entrance fees are provided by the high school.

### **What do I need to participate?**

You need to sign up at your individual school and fulfill all the athletic fee and form requirements with the athletic department. Gymnastics is a no-cut sport. You must be committed to attending daily practice and all team competitions. The gymnastics team is for gymnasts who have a goal to create a competitive routine and perform in competition. We do not have training space or coaching staff to provide an opportunity for girls only looking to learn tumbling skills.

### **When is the high school season?**

Gymnastics is a winter sport, and the season runs from November-the first week in March. We have about 9-11 dual meets during the season that occur on weeknights. In addition the varsity competes in 4-6 invites that occur on Saturdays. During our competitive season, girls may continue to workout with another team, and may compete in 2 non-WIAA or club competitions with prior approval. Any conflicts with your commitment to the high school team must be addressed before the season begins. We have successfully worked out dual participation in club and high school with cooperation from all involved.

### **How does my gymnastics experience fit in with the team?**

Many girls wonder about their gymnastics skill in relation to the other girls



We are a no-cut sport, but you must be willing to put together a competitive routine and compete on at least one event. The gymnastics team is a not a class for girls looking to learn gymnastics flips.

### **What is practice like?**

We practice at Altius gymnastics on 51st and Ryan Rd. Franklin high school provides a shuttle bus after school to practice. Gymnasts from Muskego must provide their own transportation, but we work out carpools frequently. Practice is from 2:45 – 4:45 every day. We also use the weight room facilities at Franklin high school. Each practice is scheduled and gymnasts are expected to complete an assigned workout each day.

### **Off Season training**

There is no requirement to train in the off season. Altius provides opportunities for high school gymnasts to train in the off season.



competing for the high school. We have gymnasts with many different backgrounds, but here is the simple version. Most girls have some prior experience before joining the team. Basic skills include, kips, handspring vault, round-off back handspring on floor, and cartwheels on beam. Every girl does not need to compete on every event. Not all gymnasts have prior competition experience. The JV team is made up of about 15 girls who range from excel silver to about level 6. Girls who have recreational experience but are willing to compete will fit in just fine. The JV line-up changes from meet to meet to include the most gymnasts. The varsity team is made up of about 10-12 of the highest level gymnasts, these gymnasts have prior competitive experience from levels 7-10. Again, many of the varsity gymnasts do not compete in the all-around. And gymnasts may compete on both the JV and Varsity on different events.