

# UNIVERSITY of HOUSTON

The Gymnastics Club at the University of Houston's main campus was founded in 2015 and officially recognized as a sport by the university the following year. The club's mission is to allow everyone from beginners to advanced gymnasts a chance to compete at the collegiate level.

The Coog Club Gymnastics Team was created to help students who want to learn gymnastics, and ex-gymnasts that were unable to get scholarships or go out of state a chance to compete at the college level. It is a great way to stay in shape and meet new people while also learning about the amazing sport of gymnastics. The goal for this organization is to nurture a competitive but supportive atmosphere amongst peers and help one learn their true potential when it comes to pushing their body to the limit. The team will practice together during the week and also compete together during the Spring semester. This organization was made to help the gymnastics community in the Houston area, while also helping to spread the understanding and love for this beautiful sport.

One unique facet of the University of Houston's team is that they hold their workouts simultaneously with the Rice University Gymnastics club at an off campus facility. As a result, workouts create a cooperative environment that facilitates friendships and networking between the two schools and creates a stronger program for each.

Workout times are Tuesday and Thursday 7:30 – 9:30pm and Sunday 7:00pm to 9:00pm, and club membership is \$375 per year.

