



Achieve GYMNASTICS

February 2017

3460 South Fairplay Way
Aurora, CO 80014

720-330-2200

www.AchieveGymnastics.com

Find us on Facebook at:
Achieve Gymnastics & Achieve
Gymnastics Group



Important Dates

2/1 - Competition Leo
Deposit
2/11, 2/12, 2/19 & 2/20 -
Compulsory Routine
Workshops
3/1 - League Fee
3/6, 3/7, 3/9 & 3/12 - Parent
Meetings
4/1 - Parent Volunteer Fund
4/30 - DBA Expo

Chalk Talk

Competition season is almost upon us, and there are a lot of things going on. Don't worry - we are doing our best to make sure that every team member and parent gets the information they need. If you have questions or concerns about anything, please don't hesitate to ask your daughter's coach, the Front Desk staff, or send us an email at FrontDesk@AchieveGymnastics.com. We also have some great routine workshops lined up for our Compulsory gymnasts this month to learn their routines. Don't forget to sign up! We are looking forward to a fun, fantastic and successful season for each and every one of our gymnasts!

Compulsory Routine Workshops

Compulsory Routine Workshops help the girls learn routines and have greater success during the competition season. It is our expectation that all Compulsory gymnasts will attend at least one of these workshops. Sign up online, or at the Front Desk. Routine clinics cost \$12.

February 11th

Comp 3s 1:30 - 2:30

Comp 4s 2:30 - 3:30

February 12th

Comp 3s 1:00 - 2:00

Comp 4s 2:00 - 3:00

February 19th

Comp 3s 1:00 - 2:00

Comp 4s 2:00 - 3:00

February 20th

Comp 3s & 4s 9:00 - 10:00

**Every Compulsory Gymnast should
attend at least one of these
workshops!**



Team Parent's Meetings

We are expecting at least one parent from each household to attend a parent's meeting. Please attend based on your daughter's level! You are able to sign up at the Front Desk or through the Customer Portal, instructions will be emailed soon. Put the dates on your calendar now. We have room for roughly 40 people each session. We will cover information for the upcoming season, our meet schedule, your season expenses, and much more. This info is essential to our successful season!

**BONUS: Those attending a
Parent's
Meeting will get priority in the meet
selection process.**

3/6 - Comp. 5-7, Opt. 7-8:30

3/7 - Comp. 5-7, Opt. 7-8:30

3/9 - Comp. 5-7, Opt. 7-8:30

3/12 - Makeup - All Levels 4-5:30

Dream - Believe - Achieve

Compulsory Routine Videos

Compulsory Routine Videos will be posted on our website on February 20th. Watching these videos is a great way to keep the routines fresh in your gymnasts mind between practices. The videos can be found at achievegymnastics.com by hovering over the "Team Competition" tab, then hovering over "Team Resources", and clicking on "Compulsory Routine Videos."

Achieve Terminology

Landing Position

The landing position is a term we use to describe the optimal positions gymnasts should be in while landing their jumps. The landing position includes slightly bent knees, chest up, arms reaching to the front, and hips tucked under. This position should be "hit" before the gymnast lands (on the floor or beam) and maintained throughout impact and weight absorption.



Upcoming Fundraisers

Come support the Achieve Gymnastics Denmark Team on February 15th at Panera Bread and Coldstone Creamery. Get dinner at Panera between 4:00 pm and 8:00 pm and dessert at Coldstone between 4:00 pm and 9:00 pm. Can't wait to see you there!

AGDT Public Performance

The AGDT will be hosting a public performance on March 5th from 6:30 - 7:45 pm. Come support these Achieve Gymnasts before they leave for their trip to Denmark on March 17th. The performance will take place at Overland High School and will cost \$5/person. Additional donations are appreciated.

DBA Expo

The 4th annual DBA Expo is approaching! The Optionals' assistance and contribution last year made it a special event for all included. We hope all optionals will volunteer for at least one session again this year. This year, the Expo will take place on Sunday, April 30th. Put this date on your calendar now, and stay tuned for more details coming soon!

Fees & Due Dates

The following are our competition fees and when they are due. The League Fee and PVF will be posted to your account by 2/15, but may be paid on or before the given due dates. **ePayments only cover tuition and will not automatically cover competition fees!** Gymnasts are NOT eligible to compete until ALL fees are paid and your account is current.

League Fee Due - 3/1

This \$175 fee covers participation in 2 preseason, 4 regular season, Regionals and State (if qualified) meets. *This is a non-refundable deposit.*

Parent Volunteer Fund - 4/1

This \$75 deposit is to be held in deposit against volunteer work during the course of the season.

***All Fees MUST be paid ON OR BEFORE each given due date!**

****A \$10 Late Fee will be applied to EACH competition fee paid after its' assigned date unless arrangements have been made PRIOR to the due date.**

Team Clinics

We offer Clinics for Compulsory and Pre Team Gymnasts on Thursdays from 4:00 - 5:00. Clinics are \$12 each, and should be registered for prior to attending. Get some extra attention on the areas you are struggling with the most - sign up for a clinic today!

February Clinic Dates

Pre Team:

2/2 Vault & Floor
2/9 Bars & Beam
2/16 Floor & Tramp
2/23 No Clinic

Compulsory:

2/2 Bars & Floor
2/9 Tramp & Beam
2/16 Floor & Vault
2/23 Bars & Beam

Team Expectation to Compete

We are a competitive team. Our expectation is that all members will compete. We know circumstances or injuries might prevent someone from competing, otherwise, we expect your daughter to compete. Our team believes in and stresses each gymnast's accomplishments and improvements. We spend a lot of time and energy making the transition into competition smooth and positive. If your child is having concerns about competing, please let their coach know, and we will work with you and your daughter. We know that each girl can and will have success. If you have any questions regarding the 2017 season, please discuss this with Lisa ASAP.