



Achieve GYMNASTICS

October 2017

**3460 South Fairplay Way
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720-330-2200**

www.AchieveGymnastics.com
Find us on Facebook at:
Achieve Gymnastics & Achieve
Gymnastics Group

Important Dates

- 10/2 Team Danish Practice
- 10/9 Team Danish Practice
- 10/9 PT Danish Practice
- 10/12 Tryouts: PT to Team
- 10/14 Danish Performance
@ Overland HS
- 10/15 Danish Performance
@ Overland HS
- 11/7 Tryouts: C3 to C4
- 11/9 Tryouts: C4 to Opt.



Chalk Talk

Thank you to all of the Compulsory and Optional Gymnasts who attended workshops in September! Workshops benefit gymnasts by giving them a jump start to off season training. Be on the lookout for essential Compulsory Routine Workshops coming up in February!

Happy Anniversary, Achieve!

Celebrate Achieve's 4th year anniversary by stopping by the Pro Shop during the month of October to receive 10% off of your merchandise! (K-Cups, athletic tape, prewrap & fundraising merchandise are excluded)

Danish Gymnastics!

The Danish Gymnastics Performances are this month! Don't forget to mark your calendars and join us for a night of fun with the Danish Gymnasts from the Viborg Team. Performances will be held at Overland HS. We can't wait to see you there!

October 14th @ 5 pm

October 15th @ 6:30 pm

Tickets are available for \$5 at the Achieve Gymnastics Front Desk, or for \$7 at the gate. Will call is available.

Tagawa

Our Tagawa fundraiser is in full swing. Make sure you get your order forms turned in by Sunday, November 5th at 7:00 pm. Orders will be delivered on Tuesday, November 21st. Items must be picked up on delivery day. Stop by the Front Desk for more information!

2018 Fee Increase

We are so pleased and proud to have shared our Dream~Believe~Achieve vision with all our participants and families over the last four years. We are currently running 77 Recreational classes, 7 Pre Team practices and 43 Team practices. That is a lot of students! We appreciate your belief in us and trusting us to help develop life-long skills for your children.

Our Goal is to continue to provide a great staff and instruction at a top-notch facility. This notice is to inform you of a change to our tuition starting in January 2018. This increase allows us to continue to provide great services and instruction at Achieve Gymnastics.

Starting January 1, 2018 monthly tuition will be:

Monday	\$120.00/month
Tuesday	\$125.00/month
Thursday	\$125.00/month
Friday	\$125.00/month
Saturday	\$122.50/month
Sunday	\$117.25/month

Multi Practice Discounts:

2 Practices a Week	\$44.25
2.5 Practice a Week	\$71.00
3 Practices a Week	\$96.50
4 Practices a Week	\$110.00

To determine the monthly cost of multi practices a week, add up the classes your daughter attends and then subtract the applicable Multi Practice Discount. Additional family members will still receive a 20% discount.

Compulsory Practice Requirement Change

Achieve Gymnastics always seeks to provide the best gymnastics experience possible for our participants. We want to promote a fun and safe environment where gymnasts progress in a timely fashion and experience a reasonable amount of success through their competitive experience. Over the past few years we have noticed a decline in both the progression and competitive success of our Compulsory participants. We believe this is a result in the growing number of participants only attending one night a week. Compulsory Routines continue to increase in difficulty and the average practice time for Compulsory gymnasts in the League is approximately 6 hours per week.

With this in mind, Achieve is making a change to our Team Program. As of January 2, 2018, ALL Compulsory gymnasts will be required to attend a minimum of two practices per week. We believe this will allow our gymnasts to progress faster and further in the sport of gymnastics. We anticipate more gymnasts spending just one year at each Compulsory level versus two or more, as many gymnasts have been taking.

While the change is not effective until 2018, you can add a second practice right now!

- We feel this is in the best interest of our team participants and will put these requirements in place starting January 2, 2018. After that date, any compulsory gymnast who is not enrolled in a minimum of two practices a week will not attend Team practices.
- If a gymnast is not currently attending two practices a week, but wants to continue as a part of the competitive team, we strongly encourage you to contact the Front Desk as soon as possible to see what practices are available. We will also be adding a Compulsory practice time on Saturdays from 3:00 – 5:00 pm.
- In 2019 we will be getting new compulsory routines that will be more challenging, especially for the Compulsory 3 gymnasts and slightly more difficult for the Compulsory 4 gymnasts. Training two nights a week will help with this transition.
- For those Compulsory gymnasts and their families who choose *not* to practice two time a week, we have an option for you. We have created a new recreational class called LEAD. It is an hour and a half class that meets once a week that will be part of our Recreation Program. The LEAD class will run in 8-week sessions and make ups will not be allowed. Spots in the LEAD class are limited. The LEAD class will consist of girls age 6-14 who will not be part of our Team Program, nor will they compete. Please contact the Front Desk for days and times.
- Please note this is not a financially driven decision.** Actually, it is the opposite. We make more revenue per hour from gymnasts who attend one practice per week than two. It is the gymnast's safety and success we are striving for in making this change.

Please let us know if you have any questions or concerns.

Again, thank you for being an important part of our Achieve family and helping us meet our goal to provide health, fun and fitness for everyone!

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!

October Clinic Dates

Pre Team:

10/5 Vault & Bars
10/12 Beam & Floor
10/19 Bars & Beam
10/26 Floor & Vault

Compulsory:

10/5 Bars & Vault
10/12 Tramp & Beam
10/19 Floor & Bars
10/26 Vault & Beam

Fall Break Open Gyms

We are offering two Special Open Gyms during Fall Break. What a great opportunity to work on all of the new drills and skills that were taught at our Off Season Workshops!

10/25 12:30 pm - 2:30 pm
Ages 6 & Up - \$10

10/27 12:30 pm - 2:30 pm
Ages 6 & Up - \$10

We will still hold all PT/Team practices during this week.