



2023 TEAM HANDBOOK

Achieve Gymnastics

3460 South Fairplay Way

Aurora, CO 80014

Achieve Sports Center

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Achieve Gymnastics 2023 Handbook

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Achieve Sports is the registered trade name for the Colorado Corporation, DBA Sports, Inc. which was founded in 2013

Philosophy:

To provide a program that is for the gymnasts, allowing them to have fun while learning expression and self-discovery through the physical and mental challenges of competitive gymnastics. To give instruction that is geared toward the individual, challenging her to reach her potential and providing her with the skills needed to face life and competition with pride and self-confidence.

We strive for a competitive program that differs from others offered in the area; besides being less expensive and more flexible in the commitment of time, Achieve strives to provide an environment for competition with less pressure. Every gymnast participates and team scores are not kept, so self-improvement and reaching personal goals is the mark of success. With this format, every gymnast is a winner!

We truly believe it is important to have fun; part of the fun has to be working hard and trying to improve as an athlete. We hope that you will find our program enjoyable, and that it meets your gymnast's needs.

Mission Statement:

Achieve Gymnastics is committed to creating a positive impact in the lives of children through the sport of Gymnastics, while equipping them with the tools to have success in life well into their future.

We want all our athletes' **Dreams** to grow; that through their developed self-confidence and experience they start to **Believe** in their abilities, and through their effort and dedication they are able to **Achieve** all of their goals.

Thank you

I would like to take this opportunity to say thank you to our parents, gymnasts and staff. As each year rolls by, I realize the positive impact that the girls and parents from our program have on our surrounding community. I have seen our athletes go through school, graduate and become important role models in their own circles of life. Many have been back to teach for Achieve Gymnastics or to just share stories of their successes. As I look at the faces of girls currently on our Team, I see the successes that lay ahead of them. I see the confidence building with them that ensures their positive progress, and I see that they too will add to a legacy of success that so many girls before them have built.

I feel quite blessed to have this job, to work with your daughters and play a small part in their personal growth. I speak for our entire staff when I say that it is an honor to see the growth in their personalities and character, the strength of conviction and self-image and to work with young women who will make a difference.

Thank you for allowing us to be part of your family and share in your daughters' lives. If there is ever anything that I can do for you or for them, please let me know.

Alan Herron – Owner



DREAM ~ BELIEVE ~ ACHIEVE

Joining Team

Team Tryouts and Responsibility

Each member of the Achieve Gymnastics Team goes through a tryout process with the Program Manager or assigned staff. Each gymnast's ability is assessed on each of the four gymnastics apparatus. If the Program Manager feels that the gymnast's skills are at a competitive level and the gymnast will have success, the gymnast and her family are invited to join our competitive team. The invitation is made to both the gymnast and her parent(s) because they will both have obligations if they choose to accept.

The decision is up to the gymnast and their family to decide if they want to take on the responsibility of being a part of a competitive gymnastics team. If they accept, the gymnast will have the duty to attend and work in practice, and to take care of herself physically and mentally so she is prepared for competition. She also agrees to attend competitions ready to do her best, for herself and her team. She also agrees to participate in Team activities through the completion of at least one competitive season. The parent(s) agree to see that the gymnast attends practice, arrives on time, monthly tuition and competitive fees are paid in a timely fashion, and to support the Achieve Gymnastics Team to make our program a success.

We expect those joining the Achieve Gymnastics Team to commit to a full season before making the decision to drop gymnastics for another activity. If these requirements are agreed upon and the invitation is accepted, the gymnast and her parent(s) are members of the Achieve Gymnastics Team.

Statement of Warning and Waiver

Any activity involving motion or height creates the possibility of serious injury, including permanent paralysis and even death from falling on the head or neck. Gymnastics is an activity in this classification. As a participant, you are acknowledging the risks involved in gymnastics and will maintain a signed participant waiver. Waivers are required to be renewed annually.

Methods of Communication

Communication is very important and Achieve Sports makes every effort to communicate effectively with staff, parents and gymnasts. We have four key sources of communication: Website, Newsletters & Handouts, Email and Facebook. We anticipate that at least one or more of our communication sources will work for you to stay up to date with what is going on at Achieve Sports.

Website: www.AchieveSports.com Our website has a lot of useful information for participants and parents to access and share throughout your time with Achieve including practice times, meet schedules, policies and procedures, pricing, etc.

Newsletters, Handouts, Bulletin Board and Media Signage: We produce a monthly newsletter to share current and upcoming information regarding our team activities. Important information is in the newsletters and handouts and should be read to stay abreast of what is going on. The Team bulletin board and our media signage are also updated frequently with information on our program and activities.

Email: Email is another great communication tool and is an integral part of our communication process. We try to limit the number of emails sent to you and only send out important and timely information. Please read and respond as needed.

Facebook: We have both a “public” page and a “closed” group. The public page is for all Achieve Sports. It shows very basic, general information about Achieve. The closed group has more detailed information for our Team gymnastics activities. We use that as a forum for parents to ask questions, communicate with other parents for carpooling, meet information, and so much more. Request to join the Facebook Group by visiting www.facebook.com/groups/AchieveGymnastics.

Contact Information:

- Achieve Sports website: www.AchieveSports.com
- Achieve Front Desk: phone (720) 330-2200 | email FrontDesk@AchieveSports.com
- Achieve Sports Booster (ASB) Board: email AchieveSportsBoosters@gmail.com
 - Heather Cox: phone (303) 994-9688
 - Megan Gray: phone (720) 448-7461
 - Heather Lasinski: phone (720) 628-3870
 - Ashley Zimmerman: phone (720) 666-1705
- Lisa Sparrow: phone (720) 330-2200 | email Lisa@AchieveSports.com
- Katie Seedroff: (720) 330-2200 | email Katie@AchieveSports.com
- Alan Herron: phone (720) 330-2200 | email Alan@AchieveSports.com

Get Social with Achieve

Follow Achieve Sports to see what Achieve is up to.

Instagram: @achievesportscs **LinkedIn** <https://www.linkedin.com/>: Achieve Sports

Communicating with Daughter’s Coach:

If you are trying to talk to your daughter’s coach, it helps us if you speak with them at the following times:

- Compulsory Level Gymnasts – prior to the scheduled practice time.
- Optional Level Gymnasts – after the scheduled practice time.

Communicating with coaches at these times causes the least amount of disruption to our workouts.

This is a great program, but also a large one; you are responsible for staying informed, which should be easy if we are ALL doing our part. If we work together, we should have few communication problems which makes the entire Team experience more enjoyable and helps your daughter(s) to **Dream ~ Believe ~ Achieve!**



Participant Safety Policies & Procedures

Achieve Sports is committed to promoting a safe environment for its gymnasts, participants, families, staff and volunteers. The following are some examples of Achieve Sports policies:

Staff Policies

- No child is ever alone with a staff member – must be in groups of 2
- No child is ever left unsupervised
- No private communication with participants without notifying/copying parents
- Communication with families and participants is done through Achieve Facebook pages, work email and work phones
- Single bathroom in the gym
- Background checks on all staff
- Concussion Certified
- Safety Certified through our governing body
- 8 – 10 staff trainings per year
- Staff is prohibited from giving gifts
- Staff is encouraged to leave building in groups of 2 or more
- Have procedures for fire, tornado, and dangerous person in the gym

Gymnast Policies

- Required attire – leotard for practices and meets
- No changing / dressing in the gym or other public areas
- Cell phones / cameras are only allowed in gym for training analysis purposes (parents may take pictures of their own child)
- Gymnasts are in the building with our staff until released to their parents. Parents are strongly encouraged to come into the building to pick up their children
- No jewelry or glitter allowed at meets
- Hair must be natural colors at meets

Resources

- Team Handbook - including Respect, Support, Defend
- Big Sister Program
- Surveillance cameras – Spot TV included for families at Achieve Gymnastics
- Viewing area to gym from observation area and fitness area
- Offices have windows or glass doors
- National Center for Biotechnical Info & National Institute of Health Concussion for Gymnasts Return to Play Protocol

Team Practice Times and Payments

Team is an ongoing twelve months per year program with an associated monthly tuition. To calculate the monthly tuition, Achieve Sports looks at the entire year for each practice day and determines the number of anticipated practices for the year. Then we divide the annual tuition by twelve months to provide an equal monthly amount. *Some months you are paying for more practices than your daughter attends and some months you are paying less than she attends.*

Please note: Your daughter is enrolling in a continuous program that has recurring monthly tuition. She is continuously enrolled in the program and will incur monthly tuition charges. You are responsible for all tuition payments, regardless of vacations, illness or other activities, until you notify Achieve Sports that your daughter is withdrawing from our program. We hope your daughter continues to grow and love gymnastics as much as we do! If you should need to withdraw, please notify us in writing at FrontDesk@AchieveSports.com or Katie@AchieveSports.com.

Team tuition is posted to your account on the 15th of each month. **Payment is due on or before the last day of each month for the next month. On the 1st of each month a \$10 late fee is posted for unpaid tuition.** No participant should attend a workout they have not yet paid for. If payment has not been received, gymnasts will not be allowed to participate in practices until we have received payment for the month.

Practice Day	AG Practice Time 3460 S Fairplay Way Aurora, CO 80014	ASC Practice Time 22675 E Aurora Parkway Aurora, CO 80016	2023 Monthly Tuition
Monday	Compulsory 5:00 – 7:00 Optionals 6:30 – 9:00	Compulsory 5:00 – 7:00 Optionals 6:30 – 9:00	\$181.50
Tuesday	Compulsory 5:00 – 7:00 Optionals 6:30 – 9:00	Compulsory 5:00 – 7:00 Optionals 6:30 – 9:00	\$185.50
Wednesday		Compulsory 5:00 – 7:00 Optionals 6:30 – 9:00	\$189.25
Thursday	Compulsory 5:00 – 7:00 Optionals 6:30 – 9:00		\$185.50
Friday	Compulsory 5:00 – 7:00	Compulsory 5:00 – 7:00 Optionals 5:00 – 7:00	\$189.25
Saturday	Compulsory 8:30 – 10:30		\$185.50
Sunday	Compulsory 3:00 – 5:00 Optionals 4:30 – 7:00		\$181.50

To determine your monthly tuition, add the monthly tuition of the practice days your daughter attends together and then subtract the Multi-Practice Discount:

Two Days of Practice per Week Discount	\$69.00 per month
Three Days of Practice per Week Discount	\$110.00 per month

All additional gymnasts in your immediate family will receive a 20% discount.

Methods of Payment

Payments (Cash, Check, Discover, MasterCard, Visa) can be made in several ways:

- Through the Front Desk, in person, or over the phone (720) 330-2200.
- Through the Jackrabbit Payment Portal:
<https://app3.jackrabbitclass.com/portal/ppLogin.asp?id=516110> Your Email/Login ID is your email address. The password is one you establish. If you have never logged into your account through the Payment Portal, click “Reset Password” and a password will be emailed to you.
- e-Payments: You can sign a form to authorize Achieve Sports to automatically process your monthly tuition (**will not process anything except tuition**) against a credit or debit card that is stored in our tuition software (Jackrabbit) on the last day of each month. We will never charge your card on file for anything that is not explicitly authorized, so just because a card is stored on file does not mean your tuition will automatically be charged without a completed e-Payments form.

Please Note: Team tuition rates are established by Achieve Sports and are subject to change. An increase in tuition will not be instituted without a 30-day notice to parents, through written form (i.e. email, newsletter).

Returned Checks: Checks made payable to Achieve Sports that are returned for Non-Sufficient Funds (NSF) are charged a fee up to \$30.00, in addition to the full value of the original check. Achieve Sports will not allow families who have had an NSF check to continue to pay by check. If you become aware of an issue regarding a check written to Achieve Sports, please notify us as soon as possible.

Policies & Procedures

Practice Policy

Team gymnasts are required to practice a minimum of two times per week, with the exception of Compulsory 2 gymnasts who are only required to practice one time per week. It is our policy that gymnasts arrive on time to practice and do not leave until the practice is over. Parents are not allowed in the gym area during practice. This policy is in place to maintain the concentration of the coaches as well as the gymnasts and it allows us to run a safer gym with minimal distractions. We encourage the girls to work at home and would like parental support and input in this regard; however, the girls should be “coached” by our coaching staff only. If you ever feel there is a problem with the coaching your daughter is receiving or anything else regarding the program, please contact Lisa Sparrow at (720) 330-2200 or Lisa@AchieveSports.com.

Switching Nights and Scheduling Make-Ups

Your daughter's safety is important to us and we maintain a ratio of gymnasts to coaches so your daughter(s) are getting the best instruction possible. Therefore, you will be required to establish your practice days with the Front Desk. If your schedule changes and you need to change your established practice, please contact us at (720) 330-2200, FrontDesk@AchieveSports.com.

If your daughter misses her scheduled practice, it can be made up at any other Team practice at either location for your daughter’s gymnastics level. Missed practices must be made up within 30 days before or after the missed practice. We will NOT prorate your daughter’s tuition for missed practices if Achieve holds that practice. If Achieve Sports must cancel a scheduled practice, you will have the choice to make the practice up or receive a credit on your account. You can track your daughter’s attendance through the Portal.

Drop Off / Pick Up Policy

We request that a parent or guardian accompany their gymnast(s) to and from the building. This request is for your child's safety. All gymnasts are to remain inside the building with our staff, until picked up by an adult. We ask that you remind your child to stay inside the building until you arrive to pick her up. We have never had an incident and feel this is partly due to the presence of parents and staff. You are not required to stay during your daughter's gymnastics practice and activities; however, you should arrive on time to drop them off and pick them up.

Parent Observation

Parents are not required to stay at Achieve Gymnastics or Achieve Sports Center when Team members are at practice or other activities. We provide observation area(s) for those parents who elect to stay for all or part of their child's activities. Parents are NOT allowed in the gym, unless their child participating in a 10 and younger Open Gym, or if they are a paid participant in a 6 and older Open Gym. We ask that parents do not speak to the participants from the observation area(s) at Achieve Sports Center or Achieve Gymnastics down to the gym, as it creates a distraction for the gymnasts.

Achieve Fitness: We do have a small workout area (at both locations) that is available for parents during their daughter's practices. This area is for participants 13 and up (children 13 to 17 must have an adult present unless they are gymnasts using the fitness area for rehab after an injury.) All participants must sign a waiver, pay and sign in prior to working out in the fitness area. One-time use is \$3.00. We also have an eight-time punch card for \$20.00 and a twenty-time punch card for \$40.00.

This is a workout area, not an observation area. No children under 13 are allowed in the Achieve Fitness area for any reason. We also ask that parents do not speak to the participants from the Achieve Fitness area down to the gym, as it creates a distraction for the gymnasts.

Spot TV – Currently only available at Achieve Gymnastics Location

Spot TV is a streaming platform that we use to allow parents to observe their children during their scheduled practices. To sign up for Spot TV, download the Spot TV app from your phone's application store. Then, once we receive the application request, our Front Desk will approve the account and verify that you have access to the days/times that your daughter is in practice.

Dress Code, Valuables, Food and Drink in the Gym

Dress Code: All participants should be appropriately dressed in gymnastics attire. Long hair should be pulled back and secured. Sports bras are not to be worn to Achieve activities without a shirt or a leotard over the top it. All our Team gymnasts are required to wear leotards to practice.

Valuables: Our expectation is that everyone who comes to our gym respects the belongings of others. We cannot protect valuables in the gym and ask that valuables be left at home or given to a parent before practice starts. Achieve Sports is not responsible for lost items. We encourage gymnasts to use a gym bag to organize and secure their belongings.

Food and Drink: NO FOOD OF ANY KIND IS ALLOWED IN THE GYM. Water, in a closed container, is the only drink allowed into the gym. Water bottles can be filled at the kitchenette in the lobby at Achieve Gymnastics, or from the bottle fill stations conveniently located throughout Achieve Sports Center.

Clinics, Camps and Open Gyms

Clinics: We offer clinics on varying Sundays. Each week, the clinics focus on two apparatuses and specific skills. Each clinic is \$18.00. The schedule for clinics is available on the website and the Portal and sign up is available through the Front Desk or on the Portal.

Workshops: Throughout the year, we hold workshops. When we have workshops, we strongly encourage all gymnasts to attend at least one workshop. Workshops are usually held on multiple days and times in hopes that all Team members are able to attend at least one workshop. The cost of a workshop depends on the length and will range from \$18 to \$25.

Summer Camps: During the summer, we typically hold camps for each level of gymnastics. For 2023, we are offering the following Team level camps:

- Compulsory Level: June 12th through June 15th
- Optional Level: June 19th through June 22nd
- Jump Start (for those trying out for the next level): July 17th through July 19th.

Private Lessons: Private lessons are available, depending upon our staff and gym space availability. To enquire about a private lesson, please talk to the coach or Front Desk staff. Private lessons are \$60 or \$75 per hour, depending on the staff member conducting the private lesson. Private lessons can be shared between multiple gymnasts, and the length of private lessons can be altered to meet the gymnasts' needs.

Open Gym: We offer Open Gym for at the following times and locations:

Gymnastics at Achieve Gymnastics (3460 S Fairplay Way, Aurora, CO 80014):

- Tuesday (10 and younger) 9:00 am to 10:00 am - \$5.50 (Parents are required to stay in the gym)
- Friday (6 and older) 7:00 to 9:00pm - \$10.00 (No parents, unless as a paid participant)

Gymnastics at Achieve Sports Center (22675 E Aurora Parkway, Aurora, CO 80016):

- Wednesday (10 and younger) 10:00 am to 11:00 am - \$5.50 (Parents are required to stay in the gym)
- Saturday (10 and younger) 9:30 am to 10:30 am - \$5.50 (Parents are required to stay in the gym)
- Saturday (6 and older) 5:30 to 7:30pm - \$10.00 (No parents, unless as a paid participant)

Pre-registration is required for all open gyms. Contact the Front Desk or log into the Portal to register.

Respect – Support – Defend

We all have unique talents and strengths, and it is the combination of all these various talents and individual gifts that make our Team so great. Appreciate the talents and gifts of others and measure yourself against your own potential and interests and not against those of another. A True Champion discovers and develops her own strengths without comparing to or tearing down the strengths of another.

RESPECT – to hold in esteem or honor, to show regard or consideration for another

- be kind and considerate of others
- be inclusive
- be aware of your surroundings and the needs of others
- be coachable
- be prepared and on time
- communicate
- Respect YOURSELF, your family and your Team!

How do others see you? Are YOU respectful to other teams, coaches and judges? Do YOU uphold the ideals of good sportsmanship and always represent Achieve Gymnastics the right way?

SUPPORT – to bear or hold up; serve as a foundation for, to sustain, to uphold; to maintain; assist in performance

- encourage others
- have a positive attitude
- assume the best and give others the benefit of the doubt
- look for the positive (don't look for the negative or ways to be "offended")
- lift others up OR give them space
- listen to understand
- be a leader
- be an example
- be approachable
- be thoughtful
- see others' point of view

Support is an "ACTION", Respect is a "MINDSET"!

DEFEND – guard against and ward off offense; uphold: to support in the face of criticism; prove validity by answering arguments and questions

- stand up for yourself
- stand up for others
- have perspective (how will this affect me 10 years from now?)
- gently remind others of our expectations
- inform that you were hurt or you didn't appreciate what happened
- take it upon yourself to positively address or handle situations
- clearly and adamantly state your objection
- be a confident figure or presence
- demonstrate responsibility, act appropriately and represent yourself and your Team in a positive way
- defend against negativity. Negative thoughts, statements and actions must be guarded against

Achieve Gymnastics and Supporting Staff

One of the greatest resources and assets at Achieve is our incredible staff. They are extremely dedicated to all our gymnasts and families, and they care about each child and their individual growth and development. Our staff comes from various backgrounds and experiences and each makes our collective impact that much more powerful. Detailed information for all staff members can be found on our website. We encourage you to take the time to get to know our staff by reading their bios to better appreciate the people who commit their time and energy at Achieve Sports.

Achieve Team Coaches

Chandra Armstrong
Blen Assefa
Cady Barreiro
Isabelle Berger
Kylie Black
Taytum Borgmann
Emeley Brain
Micaela Brown
Taylor Browning
Ellie Buckner
Kyla Burke
Nicki Campbell
Peyton Carlson
Caroline Cave

Emma Chiappara
Audrey Cox
Kelsey Cunningham
Samantha DeMoss
Gabriella Duran
Daniela Fossen
Devin Guttman
Madison Hada
Piper Hartman
Alan Herron
Autumn Ivester
Trinity Ivester
Kaedence Jensen
Megan Kling

Jenna Kroll
Deedee Longo
Savannah Nazareus
Allison Ofori
Mabry Robinson
Taylor Schlekeway
Carrigan Sedlmayr
Lilah Seedroff
Lisa Sparrow
Sydney Stadler
Amaya Walline
Chayse White
Ashlyn Williams
Robbie Williams
Natalie Wilson

Gymnastics Support Staff

Alan Herron
Owner
Lisa Sparrow
Program Manager
Katie Seedroff
Front Desk Manager

Nicki Campbell
Assistant Program Manager at ASC
Jenna Kroll
Assistant Program Manager at AG
Samantha Demoss
Gymnastics Program Assistant
Natalie Wilson
Gymnastics Program Assistant

Achieve Sports Boosters

The Achieve Sports Boosters was formed in 2013 (a/k/a APS Board) to create a forum for discussion between the parents and participants, with the staff and management of Achieve Sports. It is not a governing board for our program, but rather a means to discuss concerns, suggestions and promote ideas for the future of the programs at Achieve Sports. In addition, the Achieve Sports Boosters offers fundraising activities, provides further education for Achieve Staff, and hosts and organizes parent volunteers at our competitions and events.

Executive Committee

The executive committee is responsible for coordinating the activities and overseeing the positive functioning of the parents' group and Team.

Committee Member	Phone	Email
Executive Committee		AchieveSportsBoosters@gmail.com
Heather Cox (Parent)	(303) 994-9688	
Megan Gray (Parent)	(720) 448-7461	
Alan Herron	(720) 330-2200	Alan@AchieveSports.com
Marlene Nothstine	(720) 330-2200	Marlene@AchieveSports.com
Lisa Sparrow	(720) 330-2200	Lisa@AchieveSports.com

Fundraising

The Achieve Sports Boosters provides several fundraising opportunities throughout the year that help raise monies for the benefit of Achieve Sports and all participants. Fundraisers are not mandatory; if you participate, the AS Boosters share fundraising proceeds with you. For most of our fundraisers, AS Boosters retain 40% and share 60% of the fundraising dollars with you. Fundraising funds are held in the AS Boosters account until you are ready to use them. To use these funds, you must complete the Fundraising Transfer Request form in order for the funds to be transferred into your Jackrabbit account.

Fundraising activity is reconciled on a quarterly basis on October 31st, January 31st, April 30th and July 31st. Fundraising dollars can only be used for activities/merchandise through Achieve Sports. **If you leave our program, any funds that might be available to you are forfeited to the Achieve Sports Boosters.**

Fundraisers that run year-round include:

King Soopers & Kohl's Cards: Nonreloadable King Soopers cards in \$100 increments and nonreloadable Kohl's cards in \$50 and \$100 increments are available for sale, by check or cash only, at the Achieve Front Desk. The Boosters earn 5% in profit on these cards; they retain 2% of the proceeds and share 3% with you.

Scrip Cards: A great way to put your current purchases to work for you and the Team is to purchase gift cards from your favorite stores and restaurants where you already shop. The Enrollment Code is **A8618D7F4L678**. The Boosters receive the posted rebate from your purchase. They retain 40% of the rebate and share 60% with you.

Getting Involved

We are always looking for parents to get involved with the Boosters Group and help make the Achieve Sports program great. If you are interested in being more involved, please contact one of the Executive Committee members above.

Injury Prevention

Gymnastics is a tough and demanding sport. It is especially tough on specific areas of a gymnast's body. We need to continuously strengthen these areas to help prevent injury and speed skill acquisition.

Wrists, ankles, knees, and core are the most important areas for your gymnast to work. Getting strong in these areas could help prevent a major injury or help learn skills faster. Working these now and preventing an injury is so much smarter than trying to rehab after an injury. The following exercises can be done at home or at the gym. For your daughter's safety and success, she should do 10-15 minutes, 3 times a week working these or similar exercises. Gymnastics is tough! Your daughter can be tougher!

WRISTS

- ➔ **Squeeze Ball** – get a racquetball (best for small hands) and squeeze it 15-20 times per hand. Repeat and increase reps as you gain strength. Time saver: While you are studying, squeeze the ball with your non-dominant hand while you are writing and your dominant hand when you are reading.
- ➔ **Wrist Push Ups** – In a kneeling pushup position, hands flat on the floor, raise and lower the heels of your hands off the floor with straight arms instead of lowering your body (like a normal pushup). You can adjust the resistance by how much you lean over your wrists.
- ➔ **String Roll Up** – This is a great one, but you need to make the device, which is easy. Get a dowel rod (for example: a broom handle) and cut it so it is about 2" long. Drill a hole through the middle and thread a string (old shoelace) through the hole and tie a knot so it doesn't fall out. Tie the other end of the string to a plastic milk carton. With the rod in both hands, roll the rod so the string wraps around the rod and raises the carton. Once the milk carton has been raised, slowly lower the jug back down by reversing your wrist rotation. To add resistance, pour water in the milk carton.
- ➔ **Theraband** – In, Out, Up, Down: with the use of a Theraband or other resistance training device, strengthen your wrists by working a movement against resistance In, Out, Up and Down. To isolate the wrist, it is often helpful to rest your forearm on a stable object like a table with your wrist hanging over the edge. Start with 10-15 reps in each direction and add resistance and/or reps as you build strength.
- ➔ **Dumbbell Rolls** – Like the Theraband exercise, rest your forearm on a table or other stable surface and hold a light weight in your hand, palm down. Lift your hand up and down and side to side to strengthen your wrist. Turn your hand palm up and repeat.
- ➔ **Hollow-body Hops** – In a hollow-body push up position, block through your shoulders and push through your feet to produce a little "hop" while maintaining your body position. This is a great exercise for your wrists, shoulders and body position control.
- ➔ **Push Up Holds** – In a hollow-body push up position (or kneeling push up position for beginners) hold position but "lean" forward, back, and side to side, changing the weight and stress on your wrists. Hold in each location 8 to 10 seconds and then change position. Sounds easy but this is a great wrist workout.

***Time Saver: If you watch TV, pick one hour-long show, and every time a commercial comes on you do one exercise! By the end of your show, your prevent workout will be done!**

ANKLES

- ➔ **Towel Pull In** – Toe Scrunch: sit in a chair, barefoot with a towel on the floor stretched out in front of you. Place your feet on one end of the towel and using only your toes, scrunch the towel up inch by inch, dragging the towel under your feet. Don't move your legs, just pull the towel under by scrunching your toes and then extending them to grab more towel. Curling and extending your feet and toes really gives your ankles a workout and strengthens them. Plus, it is kind of fun! Have a race with Mom or Dad to see who can get to the end of their towel the fastest.
- ➔ **ABC's** – Sit and isolate your leg on a stable surface with your ankle hanging over the end. Only moving your foot and ankle write out the ABC's with your big toe. Give it a try!
- ➔ **Toe Rises** – Single, Double, In, Out: Toe Rises are the old standby for ankle strength and they are fantastic if you actually do them! Stand on the edge of a stair with the balls of your feet in contact with the stair and your heels hanging out over the edge. Hold on to something for balance, if needed. Raise your heels as high as you can and hold the position for a 2 count and then lower your heels as low as you can for 2 counts. This is not a race, go slow and controlled. Start with 10-15 reps and then increase as your ankles strengthen. Once the basic Toe Rise exercise has been mastered and becomes "easy", make variations to the exercise and keep strengthening those ankles. Point your feet out (duck feet) for a 2 count and then point your toes in (pigeon toed) for a 2 count. Make it harder by holding weights. After you have built your ankle strength do all the variations one foot at a time. These will really help your ankles and gymnasts SHOULD do some form of toe raise strengthening DAILY!
- ➔ **Balance Boards** – Working on a balance board is great exercise for your ankles. They are available in the workout sections of stores or you can make one yourself. Alan made the ones at Achieve. We have them, but the girls need to USE THEM MORE! Get on a balance board and BALANCE! Guess what? This will help your ankles and your skills on balance beam.
- ➔ **Lunge, Toe Rise, Lunge** – Start in a lunge position, then drive your back leg up into the air as you shift your weight over your front foot and raise up into Relevé (tippy toes) on the front foot, step your back leg forward and down to land in a lunge on your opposite side and then repeat the process for your other foot.
- ➔ **Theraband** – In, Out, Up, Down: Same as wrists but now with your foot to benefit your ankles.
- ➔ **Toe Rise, Toe Rise, Jump** – Standing on the floor with feet shoulder width apart, raise up to a high relevé' and then back down to flat feet on the floor. Repeat two more times and on the third time, jump as high as you can while returning to a good landing position. Repeat several times. This works your ankles, legs, and landing position!
- ➔ **Stick Landings** – From a height of about 2 to 3 feet, step off height to land in a good and solid gymnastics landing position. It is better to do this one at the gym from a mat, unless mom or dad allows you to jump off the furniture.
- ➔ **Assemblé Hops** – Perform an assemblé land and do an immediate stretch jump with pointed toes to a solid landing position, repeat. These drills strengthen your ankles and solid landing positions.
- ➔ **Star Hops** – Bunny and Single: Look at the configuration of the number 5 on dice. This pattern is the one we want to use for this exercise. Standing in the middle dot, jump to each corner and then back to the middle as quickly as possible. You can take the corners clockwise, counter clockwise, two top then two bottom or any pattern you wish. Do it fast and keep your balance. Start hopping like a bunny, when you master it, try hopping on a single foot through the patterns. This can be great cardio, as well as a workout for your ankles.

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KNEES

- ➔ **Lunges** – Front and Back: No one really likes lunges; however, they are key to good gymnastics. They help balance, core, as well as ankles and knee strength and stability. DO THEM!
- ➔ **Theraband** – Leg Extensions, Leg Abductions: Work against the resistance. Isolate your leg.
- ➔ **Squats** – Double, Single: Do not take your hips lower than your knee when doing squats. Place your hand against a wall to assist your balance on the single leg ones. Don't let your knees go beyond your toes.
- ➔ **Theraband** – Inner and Outer Thigh: Work against the resistance. Isolate your leg.
- ➔ **Straight Leg Lifts** – Sitting on the floor, legs stretched out in front of you, with your leg straight and locked, foot flexed, raise your entire leg roughly 12" then slowly (controlled) lower your leg to the floor. Repeat 10 to 15 times on each side.
- ➔ **Wall Sit** – Find a place where you can sit against the wall. Imagine that you are sitting in a chair, but only your back is touching the wall. Keep your hips even with your knee height and your ankles directly under your knees making your body have a good 90-degree angle. Hold for 60 seconds then longer as you get stronger.

CORE

There are so many core exercises that your gymnasts can do, that we won't list them here. Core strength is one of the most important features of any athlete but especially good gymnasts. Find 3 core exercises that you like and do them well. Then each week find a friend or coach and ask them for a new core drill. Mix them up, have fun but get a strong core. Every skill you want to have as a gymnast will require core strength. Work your core every day!

Remember: Parents can do these too! Sometimes strength is more fun when you work with a partner instead of by yourself. Help your gymnast and yourself by working together to do these Prevent exercises.

Note to Parents on Injury Prevention

Achieve Gymnastics does everything we can try to teach the sport of gymnastics in a fun and safe way. However, injuries can be a part of athletics. These exercises will really help protect your athlete. Encourage them to do them at home and at the gym on a consistent basis and with good technique. Here is some additional information from our latest training with the professionals at Children's Hospital to help keep your child safe.

Landing Positions: Gymnasts need to understand proper landing positions and practice, practice, practice them. Knees aligned vertically over the ankle and not forward over the toes is important to reduce pressure on their knees. We need to use our glutes more and this MUST be practiced.

Height Monitoring: Children's Hospital recommends monitoring your child's growth patterns. Record their height every month and report any significant growth over a 3-month period to her coaches. Growth spurts can put your child at risk for growth plate injury and we can limit repetitions to help minimize risk.

Communication: Working out injured is NOT a badge of courage that athletes need to learn. We need to help our girls understand the difference between pain and soreness, aches and injuries! We can typically alter a workout to help prevent injury, if we know about an injury. Please make sure you and/or your daughter are reporting injuries to the coaches. Overuse can be a serious issue in gymnastics. Most of our girls are not in the gym so much that this is an issue; however, we need to be aware of situations when they are experiencing discomfort in their wrists, ankles, knees and back so we can adjust their workout to avoid serious injury.

Concussion and Return to Play Protocol: Achieve follows a step-by-step process to safely return athletes to activities and in line with the national protocols for athletes with concussions.

Competition

At Achieve Sports, we provide an environment for every gymnast to have the opportunity to compete against herself and against gymnasts in her age division and appropriate skill level.

All Team members are required to compete, and they compete all four apparatuses (All Around). We want each gymnast to experience competition, but since no team scores are kept there is no pressure on the girls, other than their personal goals. The reason we have all gymnasts compete all around is that we feel they learn more about themselves and gymnastics by having to face this added challenge. Gymnasts are working on competition skills all year round, but the workout can differ based on the time of year. Our year is broken into three different phases:

Phase One – Preseason: January – March we introduce routines, as well as tune the skills that are in the routines. We evaluate the girls to determine what level they should compete at and start teaching routines. Gymnasts will start this period working with various coaches and towards the end, be assigned to a group with one or two primary coaches. January, February and March are important because it is during this time that we place girls in levels, work specific skills and passes, and teach routines.

Phase Two – Competition Season: April – July is Competition Season! We start preseason in April, followed by Regular Season in May and June. Regional meets are held in July for Compulsory 3, Compulsory 4 and Optional gymnasts. All levels will compete in the State Meet in July. During this phase, we are obviously concentrating on routines and the skills that go with them. We try to clean technique and form to allow the girls the best opportunity to do well in competition. Gymnasts will usually stay with the same group and coach during this phase. The competition phase is one of the most enjoyable times of the year. Our competitions are fun and every girl gets to show off their improvements.

Phase Three – Off-Season Training: August – December is our off-Season training period, when we work on changing things up and working new skills. The format of practice can change as well as the coach. During this phase, the girls really get to work skills for the next level by learning newer and more advanced skills. Gymnasts who have mastered their level of gymnastics are trying out for the next level. This phase is also a fun time because we can add variety to practice and try new things out of the confines of competition.

Competition Apparel

Every gymnast is required to have a competition leotard and other competition apparel as part of their uniform. We require apparel based on level and this year we are requiring the following:

Compulsory 2's: Tank Leo, Shorts, Briefs

Comp 3's: Tank Leo, Shorts, Briefs

Comp 4's: Long Sleeve Leo, Shorts, Briefs

Optionals: Long Sleeve Leo, Capris, ¼ Zip Jacket, Briefs

If the girls have shorts or briefs that fit from the previous year, they can still be used for the 2023 Competition Season.

Big Sister Program

All of our Team gymnasts participate in the Big Sister Program. Every Optional gymnast acts as a “Big Sister”, and they are assigned a Compulsory gymnast or group of gymnasts to be their “Little Sister” for each competition season. Our Big Sisters do a great job encouraging and supporting their Little Sisters through the competition season, and more often than not, those relationships continue beyond the season. Compulsory 3’s and 4’s will be assigned an individual Big Sister for the season and each Compulsory 2’s night of practice will have 2-3 Big sisters assigned to their group.

Goal Setting

We hold Goal Setting Workshops for our Optional gymnasts before each season to review skills they should be working on based on their progress and level. These may be formatted individually or by level.

Parent Guidelines for Meets

- Be sure to have your gymnast at the meet site on time. Arriving late puts unnecessary stress on the gymnasts.
- Be sure that your gymnast is prepared for the day and has **all** her necessities with her.
- Pick up your daughter on time. Have a plan in place so your gymnast is not waiting for you after a meet.

Parent / Spectator Code of Ethics

- Encourage your gymnast to do their best.
- Address any questions or concerns about the meet with YOUR coach, not the meet host and never a judge.
- Parents/spectators **ARE NOT PERMITTED IN THE COMPETITION AREA AT ANY TIME FOR ANY REASON.** (Make sure your gymnast has what she needs for the entire meet.)
- Proper behavior toward meet hosts, judges and other teams. **Be a positive role model!**

Competition Fees

League Fee

There is a fee for participating in the Achieve competition season. **This non-refundable fee is \$225 and is due on or before March 15th.** The fee is required for all participants who compete in at least one Regular Season Meet.

Parent Volunteer Fund

We charge a non-refundable \$100 Parent Volunteer Fund at the beginning of each season, **due on or before April 15th,** to promote engagement in our competition responsibilities. If the specified number of hours were volunteered, the money is returned to the family at the end of the season. If not, the funds belong to Achieve Boosters.

Optional Level Gymnasts - Choreography

Every Optional level gymnast has their own routines on Floor and Beam. **The cost for choreography is \$175.** With that, you will get your floor and beam routines choreographed. They are encouraged to keep their routines for two years. We will offer each gymnast a choice of 3 songs and allow them to choose the one they want. For gymnasts that will be competing in high school, a receipt is required due to copyright compliance. **High school gymnasts may not cut their own music, provide receipts from a friend’s music, or**

copy music from Youtube. Due to that requirement, we have two choices on how to obtain compliant floor music:

Option 1: Achieve will select compliant music choices for the high school gymnast to choose from, purchase the music, cut the music as needed and provide a receipt for the gymnast. The cost for this will be an additional \$40 on top of the choreography fee.

Option 2: Gymnast and parent are responsible for choosing floor music from an approved floor music provider and submitting their choice to Achieve for final approval. Once final approval is made, the gymnast and parent are responsible for purchasing the music and providing Achieve a receipt as well as a digital copy of the music. The digital copy must be provided to Achieve at least two weeks prior to the choreography session to give the coach time with the music to prepare. Approved floor music providers include Floor Express (\$50/song), Jump Twist (\$75-\$200/song), and Energym (\$52/song).

We recommend that all Team members are choreographed by Achieve Gymnastics coaches. We do this because our coaches know the competition rules. They are familiar with the combinations and connections that the judges appreciate and want to see and will put together floor routines with these things in mind. If a routine is choreographed by someone outside our staff, please be aware that if it does not meet league rules and Team standards, a member of our staff will rework the routine and the \$175 choreography fee will apply. If you schedule your choreography session and do not show at the scheduled day and time, there is a \$25 fee added to your account.

Competition Apparel and Fee Summary

The following is a summary of all the fees associated with the competition season:

2023 Competition Fees	
C4 & Optional Leotard	\$170.00
C2 & C3 Tank Leotard	\$ 55.00
Briefs (if gymnast doesn't own)	\$ 15.00
Shorts (if gymnast doesn't own)	\$ 20.00
Choreography (Optionals only)	\$175.00
Optionals Warm Up Jacket*	\$ 40.00
Optionals Capri*	\$ 35.00
*If purchased as a set	\$ 65.00
League Fee	\$ 225.00
Parent Volunteer Fund Fee	\$ 100.00

Competition Leotards are to be worn at gymnastics meets and picture day only. The Compulsory 2 & 3 Tank Leotard will change each year. Gymnasts are able to wear them to practice after the 2023 competition season.

Competition Divisions, Qualifying Scores and Mandates

Competition Divisions (From CGL Rulebook)

1. Divisions for regular season will be determined based on numbers submitted by teams prior to the regular season using the following guidelines:
 - a. Compulsory Gymnasts: The entire population of each level will be put on a continuum based on age and even divisions as close as possible to 30 will be made based on the entire level.

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- b. Optional Gymnasts: The entire population of each level will be put on a continuum based on age and even divisions as close as possible to 35 will be made based on the entire level.
2. Divisions for **regional/state** will not change for compulsories. For Optionals, divisions will be determined based on numbers of All Around qualifiers for the regional meets using the following guidelines: At the end of the regular season, we will re-evaluate optional divisions to see if they still fall within the guidelines of the 35 gymnast per division goal.

Mandate Level for Compulsory 3s and 4s (From CGL Rulebook)

Goal: To place gymnasts in the appropriate level for Compulsory competition that is most beneficial for the participants in the entire league.

- In the event there are 6 or more gymnasts in a given “Mandate” level the league will form the Mandate level. If a mandate level were to be 15 or more gymnasts, the group would be split by placing adjacent age groups together to form two groups approximately the same size.
- Any Compulsory 3 gymnast that scores a 34 or higher in 2 regular season meets will be moved to the “Mandate 3” category for their level to compete Regionals and State. Any Compulsory 4 gymnast that scores a 33 or higher in 2 Regular season meets will be moved to the “Mandate 4” category for their level to compete Regionals and State.
- Every gymnast in the “Mandate” Level will automatically qualify for the State meet.

Regional Qualifying Scores

To compete at the Regional Meet, gymnasts must earn a set score during regular season competition. The 2023 Regional Qualifying Scores are:

	Vault	Beam	Bars	Floor	All Around
Compulsory 3:	7.0	6.6	7.2	7.3	28.0
Compulsory 4:	7.0	6.6	6.3	7.1	27.0
Optional 1:	7.0	6.5	6.5	7.0	27.0
Optional 2:	7.5	7.0	7.0	7.5	29.0
Optional 3:	8.0	7.5	7.5	8.0	31.0
Optional 4:	8.5	8.0	8.0	8.5	33.0
Optional 5:	8.8	8.45	8.45	8.8	34.5

Optional Mandate Procedures

Optional gymnasts can be mandated up to the next Optional level during the season. They can be mandated up by Event, All Around, by Level Jump or after the season by the End of Season rule.

Mandate by Event – if a gymnast scores equal to or greater than a higher competitive level’s qualifying score in 3 events twice during the regular season, the gymnast is mandated to the higher competitive level.

Mandate by All Around – if a gymnast scores equal to or greater than a higher competitive level’s qualifying All Around score twice during the regular season, the gymnast is mandated to the higher competitive level.

Mandate by Level Jump – if a gymnast scores the qualifying All Around score of two competitive levels above them one time, the gymnast is mandated up one competitive level. (Example: An Optional 1 scores the Optional 3 All Around score she is mandated up to an Optional 2 level the next competition.)

End of Season Mandate – If an Optional gymnast scores the following scores two times throughout the season or postseason, she must move to the next level the next season.

Optional 1: 27.5 Optional 3: 32.00

Optional 2: 29.75 Optional 4: 34.00

Note to Optional gymnasts and their parents: Being mandated up is a positive move. Your hard work is showing! As your skills progress, your competition level is being adjusted to reflect your abilities. You are competing at that higher level already, mandating just puts you in the group with your competitive peers. An Optional gymnast’s level will not change from Regional competition to the State competition.

Track your daughter’s progress through the competition season. Enter her meet scores, placement and check boxes when she meets or exceeds the Regional Qualifying scores for her level.

Preseason Meets:		Vault	Beam	Bars	Floor	All Around
Regular Season Meets:		Vault	Beam	Bars	Floor	All Around
Meet 1:		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Place					
Meet 2:		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Place					
Meet 3:		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Place					
Meet 4:		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Place					
		Vault	Beam	Bars	Floor	All Around
Regional	Average Score					
	Place					
State	Average Score					
	Place					

Achieve Gymnastics 2023 Tentative Meet Schedule

In an effort to assist families in scheduling and planning for the summer we are trying to share information about the upcoming Colorado Gymnastics League Season. A sign-up link for meets will be sent out following the parent meetings. We hope that this information is still helpful even though it is still subject to change.

Preseason Meets

Saturday, April 8th @ Achieve Sports Center (ASC)

*This preseason will be a glorified practice, with judges, to prepare for the season. **Spectator attendance will not be available.**

Saturday, April 22nd @ ASC

Regular Season Meets

Meet 1

Saturday, April 29th @ ASC

Meet 2 – May 20th OR June 3rd

Saturday, May 20th @ Elizabeth High School
OR

Saturday, June 3rd @ Elizabeth High School

Meet 3 – June 9th OR June 10th

Friday, June 9th @ ASC
OR

Saturday, June 10th @ ASC

Meet 4 – June 23rd OR June 24th

Friday, June 23rd @ ASC
OR

Saturday, June 24th @ ASC

Post Season Meets *Comp 2's will **only** participate in the State Meet

Regional Championships:

Friday, July 14th @ ASC – Optional Level Regional Qualifiers

Saturday, July 15th @ ASC – Compulsory 3 & 4 Regional Qualifiers

State Championships: *Top 12 places at Regionals qualify to State Competition

Friday, July 21st @ ASC – Optional Level State Qualifiers

Saturday, July 22nd @ ASC – Compulsory 3 & 4 State Qualifiers and Compulsory 2

Ten Commandments for Parents with Athletic Children

1. Make sure your child knows that, win or lose, scared or heroic, you love her, appreciate her efforts, and are not disappointed in her. This will allow her to do her best without fear of failure. Be the person in her life she can look to for constant positive enforcement.
2. Try your best to be completely honest about your child's athletic capability, her competitive attitudes, her sportsmanship, and her actual skill level.
3. Be helpful but don't coach her on the way to the gym, on the way back or at breakfast, and so on. It's tough not to, but it's a lot tougher for your child to be inundated with advice, pep talks, and often critical instruction.
4. Teach her to enjoy the thrill of competition, to be 'out there trying', to be working to improve her skills and attitudes. Help her to develop the feel for competing, for trying hard, for having fun.
5. Try not to re-live your athletic life through your child in a way that creates pressure; you fumbled, too, you lost as well as won. You were frightened, you backed off at times, you were not always heroic. Don't pressure her because of your lost pride.
6. Don't compete with the coach. Your child's feelings for this type of authority figure are temporary and will naturally teeter between enchantment and disenchantment over time.
7. Don't compare the skill, courage or attitudes of your child with other members of the team.
8. Get to know the coach so that you can be assured that their philosophy, attitudes, ethics and knowledge are such that you are happy to have your child under their leadership.
9. Always remember that children tend to exaggerate, both when praised and when criticized. Temper your reaction and investigate before overreacting.
10. Make a point of understanding courage, and the fact that it is relative. Some of us can climb mountains and are afraid to fight. Some of us will fight but turn to jelly if a bee approaches. Everyone is frightened in certain areas. Explain that courage is not the absence of fear, but the means of doing something in spite of fear or discomfort. The job of the parent of an athletic child is a tough one, and it takes a lot of effort to do it well. It is worth all the effort when you hear your child say, 'My parents really helped, I was lucky, in this respect.'

Dream ~ Believe ~ Achieve