



Dream

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Believe

Achieve

720-330-2200

GYMNASTICS

February 2024

Important Dates:

02/05 – Leo & warmup fee due

02/29 – March Tuition due

Spring Break Open Gyms

Achieve Gymnastics

03/12: 10 – 11 am (10 & under)

03/19: 10 – 11 am (10 & under)

03/22: 10 – 12 pm (6 & up)

Achieve Sports Center

03/20: 11 – 12 pm (10 & under)

03/22: 10 – 12 pm (6 & up)

Achieve Gymnastics

3460 S Fairplay Way
Aurora, CO 80014

Achieve Sports Center

22675 E Aurora Pkwy,
Aurora, CO 80016

Chalk Talk

It's almost time to start working routines in practice! In the meantime, focus on strengthening the skills you have and pushing yourself to reach the goals you've been working toward!

Upcoming Competition Fees

- **February 5th** – Team Leo Order Due
(Comp2 & 3 leo - \$55, Comp 4 & Opt leo - \$175)
- **February 5th** – Team Warm Up Orders Due (Jacket & pants \$70 set, required for Optionals only)
- **March 15th** – League Fee Due (\$235)
- **April 14th** – Parent Volunteer Fee Due (\$100)

Optional Choreography Clinics

If you haven't signed up for a Choreography Clinic, we still have some spots available at both locations! Get signed up through the Parent Portal or contact the Front Desk.

Spring Break Comp Clinics

C3 & C4 Beam and Floor Routine Clinics:

03/20 4 – 5 pm @ ASC

03/21 4 – 5 pm @ AG

03/22 4 – 5 pm @ ASC

C2 & C3 Beam and Floor Routine Clinics:

03/21 4 – 5 pm @ASC

C4 Tumbling and Bar Clinics:

03/21 5 – 6 pm @ ASC

GET CONNECTED

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Facebook:

[Achieve Sports & Achieve Gymnastics Group](#)

Instagram:

[@AchieveSportsCo](#)

2024 Compulsory Routine Workshops

We still have spots left – get signed up for at least one workshop ASAP!

Routine Workshops cover beam and floor, carefully going through each step of the routines. **We expect all Compulsory level gymnasts to sign up for AT LEAST one workshop.**

Workshops will be held at both AG and ASC. Sign up now through the Front Desk or Parent Portal. (Two-hour workshops include video analysis.)

AG

C2 02/10 | 2:00 – 3:00 pm

C3 02/10 | 3:00 – 4:00 pm

C4 02/10 | 4:00 – 5:00 pm

C3 02/19 | 10:00 – 12:00 pm

C4 02/19 | 12:00 – 2:00 pm

C2 02/20 | 12:00 – 2:00 pm

ASC

C2 02/18 | 1:00 – 2:00 pm

C3 02/18 | 2:00 – 3:00 pm

C4 02/18 | 3:00 – 4:00 pm

Mandatory Parents Meetings

Before the competition season starts, parents are required to attend a Parents Meeting. These are to ensure you are informed on what to expect throughout the competition season. This will cover competition fees, tentative meet schedules, parent volunteer fund, and other important information! All meetings will be held at ASC. Please plan to attend one for your gymnast's level and sign up ahead of time through the Parent Portal or Front Desk.

03/03 Comps 12:30 – 2 pm

03/03 Optionals 2:15 – 3:45 pm

03/05 Comps 5 – 6 :30 pm

03/05 Optionals 6:45 – 8:15 pm



Why Sleep Matters in Sports

You already know that sleep plays an important role in a young athlete's energy levels. But did you know that insufficient rest can also limit reaction time, reduce cognitive function and even increase the risk of injury? In this article, our partners at Children's Hospital Colorado explain how sleep impacts athletic performance. You'll also learn key strategies for improving your child's sleep, plus tips for travel, technology and more.

Learn more about better sleep habits at [ChildrensColorado.org](https://www.childrenscolorado.org).



Other Sports & Activities

Achieve offers a wide range of sports and enrichment programs! Click the links or contact the Front Desk for more information on what we have to offer at Achieve Sports Center.

Court:

- 3 on 3 Basketball
- Rec Volleyball
- Pickleball

Turf:

- Soccer League
- Rec Lacrosse
- Rec Softball
- Rec Soccer
- Rec Golf
- Rec Baseball
- Strength & Agility

Enrichment:

- *NEW* Tippy Toes Dance

Upcoming Events

Introduction to Field Hockey Camp:

March 20th – 22nd from 12 – 2 pm
@ ASC (coed, age 6 – 12)

High School Field Hockey Camp:

March 20th – 22nd from 2:30 – 4:30 pm
@ ASC (girls, age 13 – 18)

Golf Camp:

March 18th – 19th from 9 am – 12 pm
@ ASC (coed, age 5 – 12)

Volleyball Camp:

March 18th – 20th from 12 – 3 pm
@ASC (coed, age 6 – 13)

Open Gym

Open Gyms are available throughout the week! This is a great time to get in some extra practice, bring a friend, and have fun! **Sign up ahead of time through the Parent Portal or Front Desk, as spots are limited.**

Gymnastics

AG

Tues (10 & under) 9 – 10 am

Fri (6 & older) 7 – 9 pm

ASC

Wed (10 & under) 10 – 11 am

Sat (10 & under) 9:30 – 10:30 am

Fri (10 & under) 9 – 10 am

Sat (6 & up) 5:30 – 7:30 pm (includes Ninja)

Court

Pickleball

Mon – Fri 10 am – 12 pm

Tues 5 – 7 pm & 7 – 9 pm

Fri 6 – 8 pm

Sat 10 am – 12 pm

Sun 10 am – 12 pm & 12 – 2 pm

Volleyball

Mon/Wed 7 – 9 pm

Sun 2 – 4 pm

Basketball

Thurs 7 – 9 pm

Turf

Mon 11 am – 12 pm

Tues 11 am – 12 pm

Sat 11 am – 12 pm