

GYMNASTICS

August 2024

Important Dates:

08/31 – September tuition Due

Chalk Talk

Congratulations on another successful competition filled with hard work and improvement! We look forward to a strong off season, building skills and developing good habits as we continue our exciting transition into XCEL.

2024 Achieve Sports Gymnastics



GET CONNECTED

AchieveSports.com

Facebook:

[Achieve Sports & Achieve Gymnastics Group](#)

Instagram:

[@AchieveSportsCo](#)

2025 XCEL Competition Season

Our transition into the XCEL league through USA Gymnastics is now in full swing! With this transition the Level placements for each athlete have been determined based on their performance throughout the 2024 season. **Please look for an email containing individual placements for the 2025 season.** We remain committed to having our gymnasts compete at their appropriate level where they have success while being challenged.

Achieve Gymnastics

3460 S Fairplay Way
Aurora, CO 80014

Achieve Sports Center

22675 E Aurora Pkwy,
Aurora, CO 80016

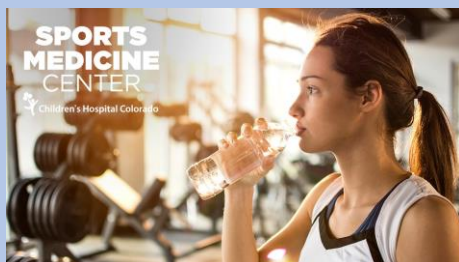


Understanding hyper hydration in young athletes

Whether It's age-old advice to drink plenty of water when engaging in outdoor sports and activities. However, did you know that it's possible to drink too much water? While unlikely, hyper hydration is a condition caused by overhydrating, which in turn dilutes the salt content in cells and can lead to further complications. While similar to heat illness, the symptoms of hyper hydration are directly related to an electrolyte imbalance.

Read this article from our partners at Children's Hospital Colorado to understand hyper hydration and how to prevent it.

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
- * Volleyball and Basketball clinics, open for enrollment now!
- Off-Season Volleyball practice
- Sports Strength & Agility
 - Fridays 5-6pm & Sundays 9-10am

Turf:

- Soccer League
- Rec Lacrosse
- Rec Softball
- Rec Soccer
- Rec Golf
- Rec Baseball
- * Lacrosse, Softball/Baseball, Golf, & Soccer clinics, open for enrollment now!
- Sports Strength & Agility
 - Fridays 5-6pm & Sundays 9-10am

Enrichment:

- Tippy Toes Dance

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

Fri (10 & under) 9-10 am

Sat (10 & under) 9:30-10:30 am

Sat (6 & up) 5:30-7:30 pm

Court

Pickleball

Mon – Thu: 10 am-12 pm & 12 pm-2 pm

Tues 7-9 pm

Fri 9 am-11 am, 11 am-1 pm, & 6:15 pm-8 pm

Sat 12 pm-2 pm

Sun 10 am-12 pm & 12-2 pm

Volleyball

Mon/Wed 7-9 pm

Sun 3-5 pm

Basketball

Sat 9-11 am

Turf

(10 & older) Mon/Tue/Wed/Fri 12-2

(10 & Under) Mon/Tue 11-2 pm

Wed 10:30-11:30 am