GYMNASTICS

March 2026

Important Dates:

03/31: April Tuition Due

04/05: Easter (No practice)

05/02 & 05/03: Achieve Sports Expo

GET CONNECTED

AchieveSports.com

Facebook:
Achieve Sports & Achieve Gymnastics Group

Instagram:
@AchieveSportsCo

Achieve Gymnastics

3460 S Fairplay Way
Aurora, CO 80014

Achieve Sports Center

22675 E Aurora Pkwy,
Aurora, CO 80016

Chalk Talk

Season is well under way! Remember, every practice, drill, and repetition is getting you closer to where you want to be. Progress takes time, but don't forget you've got the strength and determination to see it through. Stay positive and continue to make progress through this rest of this season. You've got this!

Why do we Fundraise?

Achieve Sports Boosters serves our program in so many ways throughout the year. This parent board offers fundraising activities, provides further education for Achieve Staff, and hosts and organizes parent volunteers at our competitions and events.

While some of the fundraisers we encourage families to participate in, such as restaurants, go directly toward Achieve Sports Boosters, there are also several fundraisers throughout the year that go back to you! When you participate in fundraisers like Butter Braids, Little Caesars, or others where YOU are selling, 60% of the funds earned go back to your fundraising account. These funds can be used toward tuition and other Achieve activities.

Set your goals, follow your dreams, listen to your heart and don't let anything stand in your way.

-Brandy Johnson

Small Group Mini Clinics

30-minute specialty clinics focusing on specific skills. 6 gymnasts per clinic

$20/Clinic

March 4th at ASC

4 pm Gold: Vault Drills
4:30 pm Gold & Platinum: Beam Full Turn Drills

March 9th at AG

4 pm Gold: Vault Drills
4:30 pm Gold Beam: Cartwheel Drills
5:30 pm Platinum & Diamond: Beam Series

March 18th at ASC

4 pm Silver: Vault Drills
4:30 pm Silver & Gold: Split Leap and Split Jump Drills

March 19th at ASC

12 pm Silver: Beam Handstand Drills
12:30 pm Gold: Beam Full Turn Drills
1:30 pm Gold & Platinum: Punch Tuck & Pike Drills
2 pm Platinum & Diamond: Clear Hip Drills

March 23rd at AG

4 pm Gold: Bars Kip Drills
4:30 pm Silver & Gold: Vault Drills
5:30 pm Platinum & Diamond: Floor Leaps & Jump Drills

March 26th at ASC

4 pm Gold: Beam Cartwheels & Handstands
4:30 pm Silver & Gold: Floor Front Handspring Drills

March 27th at AG

4 pm Gold: Bars Flyaway Drills
4:30 pm Silver & Gold: Vault Drills

March 30th at AG

4 pm Gold: Floor Back Tuck Drills
4:30 pm Gold: Beam Full Turn Drills
5:30 pm Platinum & Diamond: Beam Series

Sign up now, spots are limited!

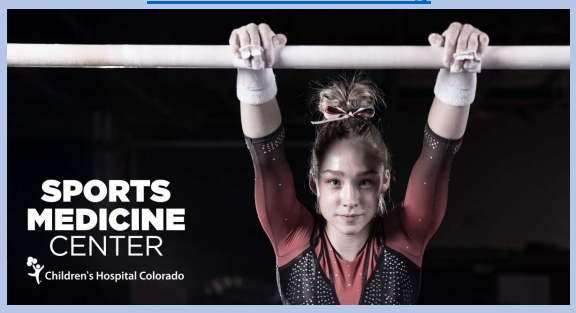
Dream - Believe - Achieve

SPORTS MEDICINE CENTER
Children's Hospital Colorado

How to help female athletes perform their best

Sports performance is more than just the physical aspect —it's mental too. And often, young female athletes struggle in ways that may be overlooked. From hormones and team culture to pressures that can limit play, learn more about navigating the mental health side of girls' sports from our expert partners at the Sports Medicine Center at Children's Hospital Colorado.

ChildrenColorado.org



Nutrition Tip of the Month

SPORTS MEDICINE CENTER
Children's Hospital Colorado

Supplements are a multi-billion dollar industry, and in the United State, they're largely unregulated. That means they can be mislabeled, contaminated or contain hidden ingredients including mediations or banned substances with particular high risk in weight loss, muscle-building and sexual enhancement.

The American Academy of Pediatrics recommends teens fuel performance through food, not pills. Eating enough of a wide variety of foods, and timing nutrition around practice or games, is the safest way to support athletic goals. Before taking any supplement, talk to a healthcare provider. A sports dietitian can also help weigh the risk and benefits and ensure proper nutrition.

Other Sports & Activities

Achieve offers a wide range of sports and enrichment programs! Visit our website (Achievesports.com) or contact the Front Desk for more information on what we have to offer at Achieve Sports Center.

Court:

- Basketball
- Rec Volleyball
- Volleyball League
- Pickleball
- Sports Strength & Agility

Other:

- Ju Jitsu w/ BRD BJJ
- Dance w/ Tippi Toes
- Baseball & Softball w/ HitStreak

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: 10-12 pm & 12-2 pm

Tues 7-9 pm

Fri 9-11 am, 11-1 pm, & 7-9 pm

Sat 12-2 pm

Sun 10-12 pm & 12-2 pm

Volleyball

Tues: 7-9 pm