

# Achieve

# GYMNASTICS

## 2026 TEAM HANDBOOK



### Achieve Gymnastics

3460 South Fairplay Way

Aurora, CO 80014

### Achieve Sports Center

22675 E. Aurora Pkwy

Aurora, CO 80016

**720-330-2200**

**[www.AchieveSports.com](http://www.AchieveSports.com)**

[FrontDesk@AchieveSports.com](mailto:FrontDesk@AchieveSports.com)

[Lisa@AchieveSports.com](mailto:Lisa@AchieveSports.com)

**DREAM  
BELIEVE  
ACHIEVE**

**USA**   
**Gymnastics**

Comp 2/Silver/Gold/  
Platinum/Diamond/Sapphire



# Achieve Gymnastics

## 2026 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 is more flexible in the commitment of time and strives to provide an environment for competition with less pressure. Every gymnast participates with the goal of self-improvement and reaching their highest potential. With this format, every gymnast is a winner!

We genuinely 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 lie 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



## **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. A non-refundable deposit of \$200 will be required to join our competitive team. This deposit will be credited against the League Fee when those are posted.

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 year-round 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](http://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 excellent 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](http://www.facebook.com/groups/AchieveGymnastics).

## Contact Information:

- Achieve Sports website: [www.AchieveSports.com](http://www.AchieveSports.com)
- Achieve Front Desk: phone (720) 330-2200 | email [FrontDesk@AchieveSports.com](mailto:FrontDesk@AchieveSports.com)
- Achieve Sports Booster (ASB) Board: email [AchieveSportsBoosters@gmail.com](mailto:AchieveSportsBoosters@gmail.com)
  - We are currently looking for 2 additional board members! Please contact Alan Herron if you are interested.
  - Heather Cox: phone (303) 994-9688
- Lisa Sparrow: phone (720) 330-2200 | email [Lisa@AchieveSports.com](mailto:Lisa@AchieveSports.com)
- Katie Seedroff: (720) 330-2200 | email [Katie@AchieveSports.com](mailto:Katie@AchieveSports.com)
- Alan Herron: phone (720) 330-2200 | email [Alan@AchieveSports.com](mailto:Alan@AchieveSports.com)

## Get Social with Achieve

Follow Achieve Sports to see what Achieve is up to.

**Instagram:** @achievesportsco **LinkedIn** <https://www.linkedin.com/company/dba-sports-inc-achieve-gymnastics-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 2, Silver, and Gold Level Gymnasts – prior to the scheduled practice time.
- Platinum, Diamond, and Sapphire 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
- USAG Certified
- SafeSport Certified
- 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**

- Current USAG membership
- 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
- Only 1 pair of stud earrings is allowed in the ears
- Hair must be natural colors at meets

### **Resources**

- Team Handbook - including Respect, Support, Defend
- Big Sister Program
- Surveillance cameras
- 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](mailto:FrontDesk@AchieveSports.com) or [Katie@AchieveSports.com](mailto:Katie@AchieveSports.com).

Team tuition is posted to your account on the 15<sup>th</sup> of each month. **Payment is due on or before the last day of each month for the next month. On the 1<sup>st</sup> 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.

Competitive Levels: Compulsory 2 (C2), Silver (S), Gold (G), Platinum (P), Diamond (D) and Sapphire (Sa)

Practice Day	AG Practice Time 3460 S Fairplay Way Aurora, CO 80014	ASC Practice Time 22675 E Aurora Parkway Aurora, CO 80016	2026 Monthly Tuition
Monday	C2, S & G 5:00 – 7:00 P, D, Sa 6:30 – 9:00	C2, S & G 5:00 – 7:00 P, D, Sa 6:30 – 9:00	\$214.00
Tuesday	C2, S & G 5:00 – 7:00	C2, S & G 5:00 – 7:00 P, D, Sa 6:30 – 9:00	\$218.50
Wednesday		C2, S & G 5:00 – 7:00 P, D, Sa 6:30 – 9:00	\$218.50
Thursday	S & G only 5:00 – 7:00 P, D, Sa 6:30 – 9:00		\$218.50
Friday	S & G only 5:00 – 7:00	C2, S & G 5:00 – 7:00 P, D 5:00 – 7:00	\$218.50
Saturday	C2, S & G 8:30 – 10:30		\$218.50
Sunday		C2, S & G 3:00 – 5:00 P, D, Sa 4:30 – 7:00	\$209.50

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	\$84.73 per month
Three Days of Practice per Week Discount	\$156.30 per month
Four Days of Practice per Week Discount	\$223.75 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.
- Payments made in cash are accepted without any additional fees.
- Checks are accepted as a form of payment with no processing charges.
- Credit card payments are accepted but will incur a 2.59% surcharge, applied by the payment processor.
- Automatic Payments: You can sign a form to authorize Achieve Sports to automatically process your monthly tuition (***we will not process anything except tuition***) against a credit 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 Automatic Payments Authorization 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 of \$35.00, 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](mailto: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](mailto: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. Gymnasts can only attend a make-up on a day that we offer her practice 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 is 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 virtual punch card for \$20.00 and a twenty-time virtual 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.

## **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, Workshops, Camps and Open Gyms**

**Clinics:** We offer clinics at various times throughout the year. Clinics will focus on specific skills and each clinic is \$20.00. We will send an email to families when clinics have been scheduled and then they will be available for registration 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 can attend at least one workshop. The cost of a workshop depends on the length and will range from \$20 to \$30.

**Summer Camps:** During the summer, we strongly recommend all team gymnasts in our program attend at least 1 camp. Summer is a valuable time to advance and polish skills to progress to the next level if she has attained the mobility score during the season.

# Achieve Gymnastics

**Private Lessons:** Private lessons are available, depending upon our staff and gym space availability. To inquire about a private lesson, please talk to the coach or Front Desk staff. Private lessons are \$65 or \$80 (this price is effective January 1<sup>st</sup>) 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 - \$6.00 (Parents are required to stay in the gym)
- Friday (6 and older) 7:00 to 9:00pm - \$12.00 (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 - \$6.00 (Parents are required to stay in the gym)
- Friday (10 and younger) 9:00 am to 10:00 am - \$6.00 (Parents are required to stay in the gym)
- Saturday (10 and younger) 9:30 am to 10:30 am - \$6.00 (Parents are required to stay in the gym)
- Saturday (6 and older) 5:30 to 7:30pm - \$12.00 (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.*

*\*Note Price Adjustment will start January 1, 2026.*

## **Respect – Support – Defend**

Respect, Support, Defend is our Team Character Development program that we expect all gymnasts to uphold in and out of the gym. These values will be gone over in practice on an annual basis.

We all have unique talents and strengths, and it is the combination of all these various talents and individual gifts that makes 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

## 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. We offer two state-of-the-art facilities, flexible practice days/times and make-ups, as well as our top gymnastics coaches that work with our Xcel Team.

### Achieve Team Coaches

Chandra Armstrong  
Blen Assefa  
Sarah Bade  
Audrey Cox  
Daniela Fossen  
Evie Foster  
Jasmin Johnson  
Pearl Kohler  
Victoria Knoll  
Kennedy Little

Deedee Longo  
Natalie McLean  
Holli McCormack  
Nicole Miller  
Carolyn Moyer  
Savannah Nazareus  
Melina Pakani  
Savannah Persons  
Kennedy Quig  
Skylar Robl

Sofia Robles  
Taylor Schlekeway  
Destine Stewart-Armstrong  
Amaya Walline  
Ryann Walline  
Natalie Wilson  
Elliana Wright  
NeVaya Yared

### Gymnastics Support Staff

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

**Natalie Wilson**  
Assistant Program Manager  
**Blen Assefa**  
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.

<b>Committee Member</b>	<b>Phone</b>	<b>Email</b>
<b>Executive Committee</b>		
Heather Cox (Parent)	(303) 994-9688	AchieveSportsBoosters@gmail.com
Alan Herron	(720) 330-2200	Alan@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 activities are reconciled weekly and available fundraising balances are reconciled on the 1st of each month. 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:

**Raise Right Cards:** A fantastic 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.

**Restaurant Fundraisers:** Achieve will hold fundraisers throughout the year at various restaurants in the area. All proceeds from these fundraisers go to the AS Boosters and help cover season coaching costs and reducing the league fee of all team participants.

### **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.

## **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 on all 4 events with the exception of injuries. We believe gymnasts learn more about themselves and gymnastics by having to face the added challenge of all-around competition. 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 – Competition Season:** Late January – May is Competition Season. Each gymnast will compete in 4 regular season meets. Not all levels will be competing in all meets. All levels will have the opportunity to qualify and compete in the State Meet. State meets are run on different weekends for the different levels. Gold, Platinum, Diamond, and Sapphire gymnasts will also have the opportunity to qualify and compete in the Region 3 meet. This is typically a travel meet that is out of state. It is optional. During this phase, we are 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. 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. Please note, meets can be held on Thursdays, Fridays, Saturdays, or Sundays. We do not have control of when a host schedules the sessions of the meet. Accommodation can be made for religious needs.

**Phase Two – Off-Season Training:** June – October is our off-season training period, when we work on skill advancement. This is a crucial time of year for girls to be working the skills needed to move up to the next level or further master the skills at their current level. We will be offering additional summer camps and clinics to help girls further their skills. This phase is also a fun time because we can add variety to practices and try new things out of the confines of competition. Girls' skills will be evaluated via a tryout near the beginning of this phase to determine if they will be changing levels. Girls must receive an all-around score of 32 during the season as well as have additional skills to be considered for movement to the next level for the following season. Teams will be set by August 31<sup>st</sup> and there will be no more movement of levels past this date.

**Phase Three – Preseason:** November – Early January we introduce routines and choreography, as well as refine the skills that are in the routines. We will hold a preseason meet to help the girls prepare for competitions. The preseason phase is important because it is during this time that we work specific skills and passes and teach routines.

## **Tryouts for next level**

**Compulsory 2:** Our C2 gymnasts are evaluated during the season and if they attain a Perfected skill level in three events during the season, they will be offered a spot on our Xcel Silver Team via email after the season commences.

**Silver and Gold:** To be considered for the next level, gymnasts must have the following: Gymnasts must have received a minimum of 32.0 All Around Score at a meet during the season (we would recommend a 34). Gymnasts who did not get the 32.0 All Around score are not eligible to move to the next level. Gymnasts must perform all skills needed for the next level at a tryout. Tryout dates for the following season will be available for registration after the first of the year.

\*Gymnasts will not move levels during the season.

## **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, Briefs, Team Backpack

Silver: Tank Leo, Briefs, Team Backpack

Gold: Long Sleeve Leo, Briefs, Team Backpack

Platinum, Diamond, Sapphire: Long Sleeve Leo, Capris, ¼ Zip Jacket, Briefs, Team Backpack

If the girls have briefs that fit from the previous year, they can still be used for the 2026 Competition Season.

### **Big Sister Program**

All our Team gymnasts participate in the Big Sister Program. Every Platinum, Diamond, Sapphire and older Gold gymnasts act as a “Big Sister” and they are assigned a Compulsory 2, Silver, or Gold gymnast 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 often, those relationships continue beyond the season. Silver and Gold 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 Platinum, Diamond, and Sapphire gymnasts before each season to review skills they should be working on based on their progress and level.

### **Gymnast Guidelines for Meets per USAG rules**

- Obtain an Athlete membership from USA Gymnastics and be prepared to show their membership card at any USA Gymnastics-sanctioned event in which they participate.
- Remain in competition designated for gymnasts. Gymnasts are not allowed to go to parents during the meet
- Present herself in the proper attire. a. After an initial warning, a 0.20 deduction for “inappropriate” attire will be applied for any infraction. b. No underwear (including sport bras) should be deliberately exposed. c. Only Leotard and/or warm-up uniforms should be worn for march-in and award ceremonies. d. Gymnasts must change clothes in the designated changing area or restroom. They may not appear in underwear on the competition floor or warm-up area before, during or after the competition.
- Be well groomed in her appearance: a. Clean attire. b. Hair secured away from the face so as to not obscure her vision of the apparatus. c. No jewelry, except for one pair of stud earrings in the ears. All other piercings **MUST** be removed, not just covered with tape or Band-Aids.
- Accept the received score without criticism or comment.
- Eat or drink outside of the competition area (exception; water bottles should be allowed, or a water fountain should be accessible for athletes to stay hydrated.)
- Be courteous, respectful, and polite to all meet officials, coaches, hosts, competitors, and associated persons.
- The use of cell phones (talking, texting, etc.) or any type of wireless communication device is prohibited while on the field of play (competition area).
- Be aware that infringement of obligations could lead to deduction and/or expulsion by the Jury of Appeals.

### **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.)
- Siblings should stay calm and avoid running around during meets to maintain safety and focus. This minimizes distractions and ensures the event runs smoothly.
- Proper behavior toward meet hosts, judges, facilities and other teams. Represent Achieve with integrity: clean up after yourself and set a positive example. **Be a positive role model!**

# Achieve Gymnastics

## Competition Fees

### League Fee

There is a non-refundable League fee for participating in the Achieve competition season. If a family for the S/G/P/D/Sa levels was unable to attend due to injury, or if their gymnast did not reach the qualifying score for a meet they paid an entry fee for (i.e. State), we will attempt to remove the gymnast from that meet and if we are able to do so, we will credit *only* the entry fee back to the gymnast's account. If an athlete will not attend a meet, they need to notify Katie or Lisa prior to the event so we can try to withdraw her prior to the deadline. *There will be no refunds after meet fees have been paid by Achieve.* The C2's League Fee of \$320 is non-refundable and is due on or before November 15<sup>th</sup>. This fee is required for all participants who compete in at least one Regular Season Meet. The chart below contains the breakdown for League Fees.

Expenditure	C2	Silver	Gold	P, D, Sa
Entry Fees	\$120	\$460 - \$545	\$460-\$585	\$565-\$660
(4 Reg Season)	X	X	X	X
(State)	X	X	X	X
(Regional) – Additional fee if qualified at State meet			\$175	\$175
Admin Fee	\$20	\$30	\$30	\$30
Coaches Expenses (Cert/Training/Travel)	\$25	\$50	\$75	\$75
Boosters Contribution	(\$10)	(\$30)	(\$40)	(\$40)
Coaches Meet Pay	\$165	\$200	\$200	\$200
<b>Total:</b>	<b>\$320</b>	<b>\$710-\$795</b>	<b>\$725-\$850</b>	<b>\$830-\$925</b>

**Xcel Levels:** To assist families with this cost, we have a 2-payment option with the following due dates: October 15<sup>th</sup> and November 15<sup>th</sup>. (\$10 late fee posted after 11/15). ***\*All League fees MUST be paid in full by November 15<sup>th</sup>.***

**Regional Information:** The 2026 Xcel Gold Regional meet will be held at the Galveston Island Convention Center in Galveston, Texas. The 2026 Xcel P/D/Sa Regional meet will be held at the Pedersen Toyota Center in Loveland, Colorado.

### Apparel Fee

Apparel fees include leotards, briefs, warm-up jackets, capris, and backpack. Apparel orders and fees were due by September 15<sup>th</sup>. Gymnasts will not receive any apparel that is not paid for. All apparel will be given to gymnasts prior to the first regular season meet.

### Parent Volunteer Fund

We charge a \$75 Parent Volunteer Fee for Compulsory 2 families and \$200 Parent Volunteer Fee for all Xcel level families at the beginning of each season, **due on or before January 15<sup>th</sup>**, to promote engagement in our competition responsibilities. We hold this fee in deposit against 2 hours of volunteer time for C2 families and 4 hours for Xcel families during the season. If an adult volunteered the specified number of hours, the money is returned to the family's account at the end of the season. If not, the funds belong to Achieve Boosters. *Parents and adults representing your daughter are allowed to volunteer to complete the required hours. Students, siblings, and athletes under 18 years old that are involved in team activities, cannot count this time toward completion of hours and no person under 18 is allowed to volunteer in any activity that involves the handling of money. A Volunteer Release and Waiver of Liability must be signed by each volunteer.* (\$10 late fee posted after 01/15)

## Optional Level Gymnasts - Choreography

Every Platinum, Diamond, Sapphire 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 for each level:

2026 Compulsory 2 Competition Fees		2026 Silver Competition Fees	
C2 Level Tank Leotard	\$ 55.00	Silver Level Tank Leotard	\$ 55.00
Briefs	\$ 20.00	Briefs	\$ 20.00
Warm Up Jacket (Optional)*	\$ 45.00	Warm Up Jacket (Optional)*	\$ 45.00
Warm Up Capri (Optional)*	\$ 35.00	Warm Up Capri (Optional)*	\$ 35.00
*If purchased as a set	\$ 70.00	*If purchased as a set	\$ 70.00
Team Backpack	\$ 58.00	Team Backpack	\$ 58.00
League Fee	\$ 320.00	League Fee	\$ 710.00 – \$795.00
Parent Volunteer Fund Fee	\$ 75.00	Parent Volunteer Fund Fee	\$ 200.00

# Achieve Gymnastics

2026 Gold Competition Fees		2026 P, D, Sa Competition Fees	
Gold Level Leotard	\$ 195.00	P, D, Sa Level Leotard	\$ 195.00
Briefs	\$ 20.00	Briefs	\$ 20.00
Warm Up Jacket (Optional)*	\$ 45.00	Choreography	\$ 175.00
Warm Up Capri (Optional)*	\$ 35.00	Warm Up Jacket*	\$ 45.00
*If purchased as a set	\$ 70.00	Warm Up Capri*	\$ 35.00
Team Backpack	\$ 58.00	*If purchased as a set	\$ 70.00
League Fee	\$ 725.00 - \$850.00	League Fee	\$ 830.00 - \$ 925.00
Parent Volunteer Fund Fee	\$ 200.00	Team Backpack	\$ 58.00
Regionals Fee	\$ 175.00	Parent Volunteer Fund Fee	\$ 200.00
		Regionals Fee	\$ 175.00

Competition Leotards are to be worn at gymnastics meets and picture day only. The C2 & Silver Tank Leotard will change each year. Gymnasts are able to wear them to practice after the 2026 competition season.

## Travel for Competitions

G/P/D/Sa Athletes that select to go to the Regional Competition will have the responsibility to travel, lodge, and get to the competition venue as a family. Athletes that elect to attend the Regional competition after qualifying at the State meet will fill out the registration and make the Regional fee payment the day of their State meet.

## Competition Divisions, Qualifying Scores

### **Competition Divisions**

Divisions for meets will be determined for each meet based on numbers submitted by teams prior to the meets. The entire population of each level will be put on a continuum based on age and even divisions will be made based on the level.

### **Mobility Scores for Advancing Levels in Xcel**

Gymnasts must score a minimum of 32.0 in All-Around and attain certain skills at the next level prior to advancing. Gymnasts can move up or down levels prior to the drop-back date for their level based on gymnastics manager approval.

### **State Qualifying Scores – Xcel Level Gymnasts**

To compete at the State Meet, gymnasts must earn a set All-Around score during regular season competitions. The 2026 State Qualifying Scores are:

<b>Silver</b>	31.00
<b>G, P, D &amp; Sa</b>	33.00

**Regionals Qualifying Scores – G, P, D and Sa Level Gymnasts *only***

To compete at the Regional Meet, G, P, D and Sa level gymnasts must earn an All-Around score during the State Meet. The 2026 Regional Qualifying Score is:

**P, D & Sa**                      34.00

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

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

## Achieve Gymnastics 2026 Meet Schedule

In an effort to assist families in scheduling and planning, we are sharing information about the upcoming Achieve and Xcel Season. Once the meet fees have been paid, no refunds can be issued.

### Preseason Meets

**January 17<sup>h</sup>** @ Achieve Sports Center (ASC) – ALL TEAM LEVELS  
\*This preseason will be an enhanced practice, with judges, to prepare for the season.  
**Spectator attendance will not be available.**

### Compulsory 2 Level – (All C2 Gymnasts will compete at all meets listed below)

**February 7<sup>th</sup>** @ ASC Gym  
**February 28<sup>th</sup>** @ ASC Gym  
**March 28<sup>th</sup>** @ ASC Gym  
**April 18<sup>th</sup>** @ ASC Gym  
**May 2<sup>nd</sup>** C2 State Meet @ ASC in the Court

### Xcel Silver Level – Schedule – (Gymnasts will only compete at the meets they are registered for)

**Jan 31<sup>st</sup> – Feb 1<sup>st</sup>** @ ASC (All Xcel levels)  
**Feb 20<sup>th</sup> – Feb 22<sup>nd</sup>** @ Gymnastics Unlimited  
**March 6<sup>th</sup> – 8<sup>th</sup>** @ Peak  
**March 13<sup>th</sup> – 18<sup>th</sup>** @ GCU in Phoenix, AZ  
**April 3<sup>rd</sup> – 5<sup>th</sup>** @ Active  
**May 15<sup>th</sup> – 17<sup>th</sup>** @ CGI  
**May 29<sup>th</sup> – 31<sup>st</sup>** Silver State @ Xtreme

### Xcel Gold Level – Schedule – (Gymnasts will only compete at the meets they are registered for)

**Jan 31<sup>st</sup> – Feb 1<sup>st</sup>** @ ASC (All Xcel levels)  
**Feb 20<sup>th</sup> – Feb 22<sup>nd</sup>** @ Gymnastics Unlimited  
**March 6<sup>th</sup> – 8<sup>th</sup>** @ Peak  
**March 13<sup>th</sup> – 15<sup>th</sup>** @ GCU in Phoenix, AZ  
**March 20<sup>th</sup> – 22<sup>nd</sup>** @ Xtreme  
**April 3<sup>rd</sup> – 5<sup>th</sup>** @ Active  
**April 17<sup>th</sup> – 19<sup>th</sup>** Gold State @ Xtreme  
**May 1<sup>st</sup> – 3<sup>rd</sup>** Gold Regionals @ Galveston Island Convention Center in Galveston, Texas

### Xcel Platinum/Diamond/Sapphire Level – Schedule – (Gymnasts will only compete at the meets they are registered for)

**Jan 31<sup>st</sup> – Feb 1<sup>st</sup>** @ ASC (All Xcel levels)  
**Feb 13<sup>th</sup> – 15<sup>th</sup>** @ Winterfest @ DU  
**Feb 20<sup>th</sup> – 22<sup>nd</sup>** @ Gymnastics Unlimited  
**March 6<sup>th</sup> – 8<sup>th</sup>** @ Peak  
**March 13<sup>th</sup> – 15<sup>th</sup>** @ GCU in Phoenix, AZ  
**March 20<sup>th</sup> – 22<sup>nd</sup>** @ Xtreme  
**April 10<sup>th</sup> – 12<sup>th</sup>** P/D/Sa State @ Arapahoe County Fairgrounds  
**April 24<sup>th</sup> – 26<sup>th</sup>** P/D/Sa Regionals @ Pedersen Toyota Center in Loveland, Colorado

Typical spectator fees for each meet are \$15 - \$20, however each meet fee is determined by the host and can vary.

The Regional meet spectator fee is \$25 per day for ages 4 and older.

## 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*