



GYMNASTICS

August 2026

Important Dates:

08/31 – September Tuition Due

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Achieve Gymnastics

3460 S Fairplay Way
Aurora, CO 80014

Achieve Sports Center

22675 E Aurora Pkwy,
Aurora, CO 80016

Chalk Talk

As many of you have changed levels or are starting to work new skills, we want to remind you to ALWAYS communicate with your coaches. If you're struggling with understanding something, have a concern, or even a fear please look to your coaches for help. We are here to work with you and help you reach your goals!

Team Commitment

As we prepare for a fantastic upcoming season, we are implementing a team commitment deposit to help spread out overall costs. Since our team is full, paying this deposit confirms your daughter's placement and full-season commitment to the gymnastics team.

Deposit Details

Compulsory 2

\$200 non-refundable deposit

Xcel Levels

\$350 non-refundable depots

The deposit was added to your account on July 15th and **must be paid on or before August 15th**.

This amount will be directly credited to your League Fee, which will be posted in October. You will then have until November 15th to pay the remaining balance of the League Fee.

The estimated remaining League Fee balances will be approximately \$120 for Compulsory 2 families and \$360-580 for Xcel families. Please note that the range for Xcel families will be based upon the entry fees for the meets that your gymnast(s) will be registered for.

Team Only Open Gym

Come get some extra gym time in during our team only open gyms in August!

8/06 12-2 pm

8/10 12-2 pm

8/11 12-2pm

**"I'd rather regret the risks that didn't work out than the chances I didn't take at all." -
Simone Biles**



The Female Athlete Triad and REDs: What Parents Should Know

The female athlete triad and relative energy deficiency in sport (REDs) can impact an athlete's health, performance and increase injury risk. See how a caloric deficit can impact energy availability, menstrual changes and bone health, and when to refer an athlete for evaluation from our expert partners in the Female Athlete Program at Children's Hospital Colorado.

ChildrenColorado.org



Healthy nutritional habits can make the difference in athletic performance. Pick a goal from the most commonly ignored areas below and try it out for one month to see how it improves your energy and gameplay:

- Eat breakfast daily
- Eat a snack before practice
- Take a water bottle with you and hydrate throughout the day
- Eat 5 fruits and veggies daily
- Sleep 8 to 10 hours per night
- Eat after workouts- ideally within one hour
- Fuel during workouts longer than 1 to 1.5 hours with sports drink or a mix of water with high carbohydrate foods like fruit or crackers
- Pack meals and snacks the night before school to keep fueled
- Bagel with cream cheese with fruit and milk
- Toast with peanut butter and milk
- A granola bar with string cheese and fruit

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

Tues (10 & under) 9 - 10 am

Wed (10 & under) 10 - 11 am

Fri (6 & older) 7 - 9 pm

Sat (6 & older) 6 - 8 pm

Have you left us a review?

