



Achieve Gymnastics

September 2026

Important Dates:

9/7- Labor Day (No practice)

9/15 – Competition

Leotard, Apparel &

Backpack Payments Due

9/30 – September Tuition Due

Start with a *Dream*.

Learn to *Believe* ...

Achieve Gymnastics!

Chalk Talk

We hope everyone has gotten off to a great school year! Things in the gym are going great, and we are excited about the upcoming season. So much preparation for skills happens this time of year. Make sure you are making up missed practices and getting those skills perfected for competition routines! Sign up for routine workshops, clinics and open gyms over Fall Break!

Competition Fee Deadline

9/15/2026 – Competition Leotard

- C2 & Silver Tank Leotard: \$60
- Xcel G/P/D/S Long-Sleeved Leotard: \$195

9/15/2026 – *NEW* Warm Up Jacket, Warm Up Capris, Briefs & Backpacks

- Required for all Xcel Levels (Silver, Gold, P/D/Sa)
- Jacket \$45
- Capris \$35
- Briefs \$20
- Backpack \$58

11/15/2026 – League Fee

- C2: \$320
- Xcel S/G/P/D/Sa: \$710-925
- Fee is based on specific meets registered for.

1/15/2027

- Parent Volunteer Fee Due
 - o C2's: \$75
 - o Xcel: \$200

3460 South Fairplay Way
Aurora, CO 80014

720-330-2200

www.AchieveGymnastics.com

Find us on Facebook at:

**Achieve Gymnastics &
Achieve Gymnastics Group**

Fall Break Team Clinics

Monday 10/12:

11-12 pm

C2 & Silver: Bar Skills
Gold: Floor Skills
PDS: Vault

Tuesday 10/13:

11-12 pm

C2 & Silver: Floor Skills
Gold: Bar Skills

12-1 pm

PDS: Floor Tumbling

Wednesday 10/14:

11-12 pm

C2 & Silver: Beam Skills
Gold: Vault

1-2 pm

PDS: Bars

Thursday 10/15:

11-12 pm

C2: Vault
Gold: Beam Skills

12-1 pm

Silver: Vault
PDS: Beam Skills

Cost: \$20/Clinic

Routine Workshops

It is time for gymnasts to be introduced to their floor and beam routines for the upcoming season! Gymnasts new to their level are recommended to attend two workshops but required to attend one.

Gymnasts doing their second year or more at their level should attend at least one workshop. Please ensure your gymnast is enrolled in the correct level workshop!

Compulsory 2

10/16 | 11:30–12:30 pm

10/18 | 2:30–3:30 pm

10/24 | 3:30–4:30 pm

Silvers

10/16 | 12:30–1:30 am

10/18 | 1:30–2:30 pm

10/24 | 2:30–3:30 pm

Golds

10/16 | 1:30–2:30 am

10/18 | 2:30–3:30

10/24 | 3:30–4:30 pm

Cost: \$20/workshop

Have you left us a review?



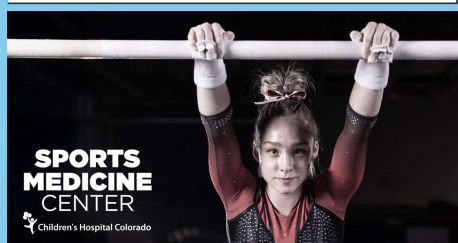
SPORTS MEDICINE



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

- Take a water bottle with you and hydrate throughout the day.
- Eat 5 fruits and veggies daily.
- Sleep 8 to 10 hours per night.
- 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.

ChildrenColorado.org



Additional Fall Break Open Gyms

Monday 10/12: 12-2 pm

(Team Only) \$12

Tuesday 10/13: 10-11am

(10 & under) \$6

Friday 10/16: 10-11am

(10 & under) \$6

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.**

Tues (10 & under) 9 - 10 am

Wed (10 & under) 10 - 11 am

Fri (10 & under) 9 - 10 am

Fri (6 & older) 7 - 9 pm

Sat (6 & older) 6 - 8 pm

Mandatory Parents Meetings

Before competition season starts, parents are required to attend a Parent Meeting. These are to ensure parents are informed on what to expect throughout the competition season. Meetings will cover competition fees, tentative meet schedules, parent volunteer fund, and other important information! We cannot stress how important it is to attend the parents' meeting and come to us with any questions! Packets will be passed out including the Team Handbook, contact information, fundraising and more. We look forward to another successful season with your help!

Sunday, November 15th 1-2:30 pm

Saturday, November 21st 3-4:30 pm

Sign up in the portal!