Achieve Gymnastics

Dream - Believe - Achieve

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www.AchieveGymnastics.com

Find us on Facebook at:
Achieve Gymnastics &
Achieve Gymnastics Group

November 2026

Important Dates:

11/12 – Butter Braid Pick Up

- 11/15 – League Fee Due

-11/15 & 11/21 – Parent's Meetings

-11/25-11/29 - Thanksgiving Break- Achieve Closed

-11/30 November Tuition Due

Start with a Dream,

Learn to Believe ...

Achieve Gymnastics!

Chalk Talk

The 2027 Competition Season is right around the corner! Now that routines have been learned, it is time to focus on the details of the routines! This is the time to build confidence in our skills and performance. Always remember, how you practice is how you will compete!

Butter Braid Pick Up!!!!

Thank you to everybody who participated in our Butter Braid Fundraiser!

Orders will be ready for pick up late afternoon on Thursday, November 12th. We will send an email and post on social media when the orders are ready for pick up.

Butter Braids/Cookie Dough packages are a frozen product. Achieve DOES NOT have the abitlity to store them so please plan to pick them up by 8:30 pm on Thursday, November 12th.

Any funds raised from the Butter Braid fundraiser will be available for them to use by November 5th. See the front desk for a form to request the funds to be applied.

Competition Fee Deadline

11/15/2026 – League Fee

- C2: $335
- Xcel S/G/P/D/Sa: $740-1015
- Fee is based on specific meets registered for.

1/15/2027

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

Mandatory Parents Meetings

Sunday, November 15th 1-2:30 pm

Saturday, November 21st 3-4:30 pm

Sign up in the portal!

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- The Mental Side of Girls Sports
- A Parent's Guide to Positivity
- Sleep and Teen Athletes
- Healthy Hydration for Young Athletes
- Are Energy Drinks Safe?

Congratulations to our High School Gymnasts on a great season!





10 tips to help your gymnast prepare for competition season

1. **Encourage Consistent Practice**
Regular attendance is one of the best ways to build confidence. Every practice provides opportunities to improve skills, strengthen routines, and prepare mentally for competition.

2. **Focus on Effort, Not Scores**
Remind your gymnast that success isn't defined by a medal, placement, or score. Celebrate improvements, hard work, determination, and the courage to compete.

3. **Help Them Prepare Ahead of Time**
Pack the competition bag the night before. Double-check the leotard, grips, wristbands, hair supplies, water bottle, snacks, and any other essentials. Avoid unnecessary stress on meet day!

4. **Keep Competition Day Positive**
Your gymnast may already be nervous. Stay calm, encouraging, and upbeat. Avoid discussing scores, placements, or expectations before the meet. Your attitude can influence theirs!

5. **Teach Them That Mistakes Are Part of Gymnastics**
Falls, wobbles, and missed skills happen—even to the best gymnasts. Encourage your athlete to recover, move forward, and finish strong. One mistake does not define an entire competition.

Open Gym

Open Gyms are available throughout the week! This is a great time to get 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

Be on the lookout for Small Groups Mini Clinics, Winter Break Clinics & Open Gyms!

Be sure to sign up in advance to secure your spot- our winter break open gyms fill up fast!



Have you left us a review?