



Creating Community, Enhancing Health, Inspiring Play

WELCOME TO THE FOOTHILLS FURY BOYS GYMNASTICS TEAM

The Foothills boys' gymnastics team is a recreational program designed to teach skills and sportsmanship, while increasing flexibility, coordination, strength and endurance. We practice year-round with a short winter break. Each gymnast competes individually, yet team spirit is a must!

- **Payments are due the first week of every month.** You may both register and pay online, or at the front desk. Gymnasts will practice 2 times per week for an hour and a half each. Please refer to the Foothills brochure for current prices and practice days.
- The first team level is a Compulsory 4 and is designed for the beginning team member. Each C-4 competes the same routines during our competition season. Boys will compete on all events including the floor, pommel horse, still rings, vault, parallel bars, and the horizontal bar.
- Boys Team Fees - Please make checks out to Foothills Booster Club. All prices subject to change.
 - Uniform Fee – The boys are required to wear a team uniform for competition only. The fee is approximately \$80.
 - Booster Club Fee – There will be an annual fee of \$35 to help pay for the team banquet, trophies, and the Christmas Party.
 - CARA League Fee – There will be a \$80 CARA fee for those who compete. This helps pay for the judges at the meets.
- The Foothills Boys compete in three regular season meets, and one state meet from May through late July or early August. Boys only compete against those in their same age bracket and level. Meets are normally held on Fridays or Saturdays. The State meet concludes our competitive season.

Thank you for your interest in the Foothills Fury Boys Competitive Team.

If you have any questions, please feel free to contact

Courtenay Argier, Gymnastics Coordinator at 303-409-2506 or at courtenaya@fhprd.org



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Expectations of Gymnasts

The way you act in the gym is a reflection of your respect for yourself, teammates, and Foothills Gymnastics. Only the highest standard of behavior will be acceptable. The following expectations are expected of a Foothills Fury Gymnastics Team Member.

1. Attend all practices, competitions, and special events. Arrive on time and stay the entire time.
2. You are expected to work hard and do your best. This is all we will ever ask of you and this is always what you should demand of yourself.
3. Only concern yourselves with things that YOU can control which are YOUR ATTITUDE, YOUR EFFORT, and YOUR GYMNASTICS.
4. Maintain a positive attitude when facing fears and frustrations. Gymnastics is the most demanding and difficult of all sports. All gymnasts suffer setbacks, frustration, fear and defeat. Expect these things, learn from them, face them and overcome them. Set high goals and achieve them step by step.
5. Arrive at the gym in proper attire, no jeans please, gum in the trash and ready to go. No cell phones allowed during practice.
6. Be honest, cheating is the ugliest form of disrespect. It shows disrespect to your coaches, your parents, and most importantly to yourself.
7. Be ready to learn and have fun!

Expectations of Parents

Parents play a huge role in the development of a gymnast. Your role is every bit as important as that of the gym, coaches and your athlete.

1. Attendance is very important for your child to be successful in gymnastics. However, we do understand that life can be busy. Our philosophy is family first, school work and then gymnastics.
2. If you have a problem or concern, please speak to the coach. We cannot solve them if we do not know about them.
3. Be encouraging and positive to your child. Be careful of comparisons because each child is an individual with different talents and capabilities.
4. During our meet season please be sure to follow all of the competition rules and guidelines.



Gymnastics Consent and Contact Form

Please fill out and return the first day of team practice

Child's Name: _____ Birthday: _____
Address: _____ City: _____ State: _____
Phone: _____
Parent's Email : _____

In the event the child named above is injured or ill, I understand that a Foothills Staff member will attempt to contact me, the other parent, or legal guardian at the telephone numbers provided. Please include a cell phone number if you have one.

Mother's Name: _____
Address: _____ City: _____ State: _____
Phone: _____ Cell Phone _____

Father's Name: _____
Address: _____ City: _____ State: _____
Phone: _____ Cell Phone _____

In the event that I and the other party listed are not available, I give permission to the Foothills Staff to provide first aid for the child, and take appropriate measures including contacting the emergency medical services (EMS) and arranging transportation to the nearest emergency medical facility.

Signature: _____ Date: _____

Are there any medical conditions we need to be aware of? _____

If yes, please explain:
