



# Foothills Flairs News



**November 2018**

## **TEAM REGISTRATION**

As a reminder, payments are due the 1<sup>st</sup> week of each session. Email reminders will be sent home after the first week of the session to remind those that have forgotten to pay. Payment for session October 22-November 14 will be due the week of October 22.

## **TRY-OUTS**

Try-outs for Compulsory 3 moving to 4 and Compulsory 4 moving to Optionals will be held during regular compulsory practice hours beginning the week of December 3. We will continue to do try-outs until all gymnasts are through. If you are unable to attend practice on these dates, please see Courtenay and we will schedule a time to do a try-out. **Remember, if you are a current Optional or a new level 3 that has recently moved up from pre-team, you will not be trying out.**

Try-out lists have been posted on the bulletin board in the back of the gymnastics center. Try-outs will be held the two weeks before Christmas break.

**Compulsory 3** gymnasts who have competed during the 2018 competition season will be trying out for compulsory 4.

**Compulsory 4** gymnasts who have competed during the 2018 competition season will be trying out for optionals.

Team members who have recently moved up to team will not be doing a try-out.

Try-outs are put in place to give each child maximum opportunity to experience some success in their competition season. There have been some requests for gymnasts to try out and "skip" a level. We do not allow this because while they might have more advanced skills on floor, many fundamental skills and techniques still need to be learned on bars, beam and vault. Skipping levels most always results in gymnasts struggling throughout their gymnastics career as they have not mastered foundational techniques needed to properly progress. If a coach feels that a child has mastered necessary fundamental requirements, then we will make the decision to allow that child to try-out for a new level. This is on an individual basis and is solely up to the coach to make this decision. This is between the coach, child, and their parents only. As a reminder, the designated score must be achieved to move up. Designated scores have a cushion of 4 (for Compulsory 4) or 5 points (for Optionals). For example, the score needed to move up to Compulsory 4 is a 26 out of 30. If a child gets a 25, they are still unable to move up. Although it seems like they are 1 point shy, in reality, they are still missing 5 skills.

## **WINTER WEATHER**

In case of bad weather, there will be a pre-recorded message on Courtenay's phone line if practice is going to be cancelled: **303-409-2506**, or you may also call the front desk: **303-409-2500**.

## **THANKSGIVING SCHEDULE**

We will not be holding practice on Thursday, November 22 and Friday, November 23. We hope everyone has a wonderful Thanksgiving.

## **TEAM DROP-INS**

Team has a break from practices for the Christmas break from December 17 – January 1. As many of you know, 2 weeks without gymnastics can result in lost skills.

We have decided to run team drop-ins during the week of December 17 – December 20 from 4 – 6 p.m.

All team members are welcome and encouraged to come during this time. Coaches will be available (No siblings or friends please.) Cost is \$8/child/day. This can be paid at the front desk when your child comes to the drop in.

## **PLANNING AHEAD**

**These dates/times are tentative.**

**More detailed information will be sent home closer to the dates:**

### **Team Christmas Party at JumpStreet**

Friday, December 14 from 5 – 7 p.m.

### **Team Christmas Break**

No team practice December 17 – January 1.

Practice will resume on January 2.

### **Parent Meeting**

Mid to late January

### **Meet Season**

Be prepared for pre-season meets (practice meet and invitationals) to begin in late March/early April